

The Psychedelic Handbook

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Synopsis

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Entering the world of psychedelic drugs can be challenging, and many aren't sure where to start. As research continues to expand and legalization looms on the horizon for psychedelics like psilocybin, you may need a guide to navigate what psychedelics are, how they work, and their potential benefits and risks.

The Psychedelic Handbook is a manual that is accessible to anyone with an interest in these substances. Packed with information on psilocybin, LSD, DMT/ayahuasca, mescaline/peyote, ketamine, MDMA, and more, this book is your ultimate reference for understanding the science and history of psychedelics; discovering their potential to treat depression, PTSD, substance abuse, and other disorders, as well as to increase wellness, creativity, and meditation; learning how to safely trip and explaining what we know about microdosing; and recognizing and caring for negative reactions.

Clinical research psychiatrist, founding figure of the American psychedelic research renaissance, and bestselling author of DMT: The Spirit Molecule, Dr. Rick Strassman shares his experience and perspectives in order to help listeners understand the effects of these remarkable drugs.

Contains mature themes.

Reader's comments

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