

Jörg Böckem, Henrik Jungaberle

Being High

The more we know about drugs, the better we can deal with them – and the lower the risk of them damaging our health or even ruining our lives.

About the book

The subject of drugs is a highly controversial one in public discussions. Substances such as alcohol and nicotine are legal and socially accepted, whereas others are illegal, regardless of the real dangers they pose. Misinformation, mistakes and clichés steer discussions. *Being High* is a handbook for anyone who wants a more informed view of all kinds of drugs, intoxication and addiction, effects, side effects and risks. The authors are experts who complement each other perfectly: a journalist and ex-junkie who has overcome his addiction to heroin, and a scientist who has been involved in addiction prevention programmes for years.

"A book that teaches in the best sense. Being enlightened about drugs can be vital to living." Der Spiegel.

"Compulsory reading for young people who do not want to head mindlessly into some adventure, as well as open-minded adults who want to understand their teenage children better. n-tv.de"



Specifications

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World Rights available



Jörg Böckem, born in 1966, works as a freelance journalist for *Der Spiegel* and *ZEITmagazin*. He has already published four books on substances and addiction, in which he describes his long-standing heroin addiction and subsequent therapy. He gives readings and lectures on the topic of drugs at schools and universities.

Henrik Jungaberle, born in 1967, is a scientist, drug-addiction prevention practitioner and consultant. He has been researching the effects and use of drugs for a long time. In the RISA project at Heidelberg University Hospital, he accompanied young people and adults for ten years in an investigation of their experiences with a wide range of substances. He also developed *Rebound*, a cinematic education programme for children's and youth facilities.