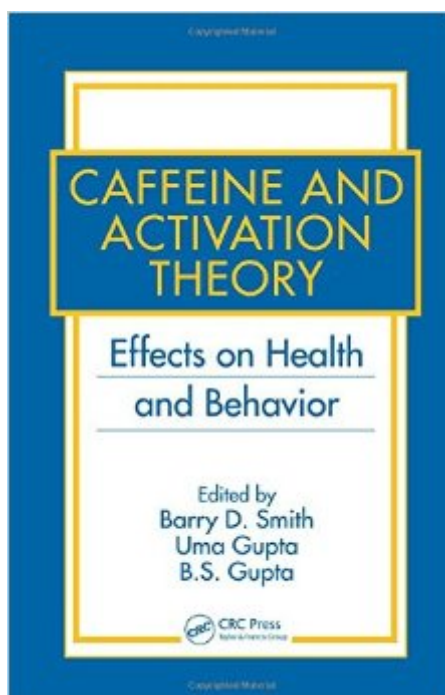


The book was found

# Caffeine And Activation Theory: Effects On Health And Behavior



## Synopsis

The virtually universal popularity of caffeine, together with concerns about its potential pathogenic effects, have made it one of the most extensively studied drugs in history. However, despite the massive scientific literature on this important substance, most reviews have either focused on limited areas of study or been produced in popular form by individuals with surprisingly little relevant scientific background. *Caffeine and Activation Theory: Effects on Health and Behavior* brings together the leading experts from seven different countries to provide researchers and clinicians with the most comprehensive and balanced review of the scientific literature on the effects of caffeine found anywhere. It devotes unprecedented coverage to the impact of caffeine on cardiovascular functioning and pathology, details the pharmacological properties and neurophysiological effects of the drug, and thoroughly reviews literature concerned with the role of this powerful stimulant in mood, task performance, and psychopathology. This important new book is also the first source to provide an integrative scientific treatment of the effects of caffeine consumption on menstrual endocrinology and pathology, as well as on reproduction. Rounding out the coverage is a thorough review of emerging research on the possible benefits of caffeine and catechins in green and black teas. The highly integrative final chapter provides a clear understanding of what is known about the effects of caffeine, identifies specific areas in which further research is needed, and provides important methodological guidelines that promise to optimize future research endeavors. Filling the need for a current comprehensive resource, this volume provides extensive reviews of the major bodies of literature on caffeine, stimulates and guides future research, and provides clinicians with the information they need to understand, diagnose, and treat the effects of caffeine consumption in their patients.

## Book Information

Hardcover: 400 pages

Publisher: CRC Press; 1 edition (October 25, 2006)

Language: English

ISBN-10: 0849371023

ISBN-13: 978-0849371028

Product Dimensions: 1 x 6.2 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #4,610,771 in Books (See Top 100 in Books) #78 inÂ Books > Health, Fitness

& Dieting > Nutrition > Caffeine #6509 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #30282 inÂ Books > Science & Math > Biological Sciences > Biology

## Customer Reviews

I'm working on my Masters Thesis, and it's on clinical implications for counselors pertaining to their client's caffeine consumption. This book has been a compelling and helpful resource. Worth the read.

[Download to continue reading...](#)

Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Caffeine and Activation Theory: Effects on Health and Behavior The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) After Effects for Flash / Flash for After Effects: Dynamic Animation and Video with Adobe After Effects CS4 and Adobe Flash CS4 Professional Caffeine Addiction: The Cure To Overcoming Addiction To Caffeine And Understanding It's Affect On The Body Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy Life The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Electrostatic Effects in Soft Matter and Biophysics: Proceedings of the NATO Advanced Research Workshop on Electrostatic Effects in Soft Matter and ... 1-13 October 2000 (Nato Science Series II:) Adobe After Effects CS4 Visual Effects and Compositing Studio Techniques Health Behavior: Theory, Research, and Practice (Jossey-Bass Public Health) Health Organizations: Theory, Behavior, And Development (Johnson, Health Organizations) Minimalist Muscle Activation: Crush Structural Imbalances, Find Clarity in Your Movement, and Live Pain-Free and Strong Now and in the Future CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing Metabolic Activation and Toxicity of Chemical Agents to Lung Tissue and Cells Third Eye: Third Eye Activation Mastery, Proven And Fast Working Techniques To Increase Awareness And Consciousness NOW ! - psychic development, pineal gland - Energy Healing Made Simple Om Kitty's 8 Day Chakra Activation Journey: Bonus: Learn To Banish Your Doubts About 'Woo-Woo' and Stop Worrying What Others Think (The OM Kitty Series Book 1) The Third Eye: A 17 Step Activation Plan (The Pineal Gland and Third Eye Awakening) Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back Activacion conductual / Behavioral activation:

Refuerzos positivos ante la depresion / Positive Reinforcements to Depression (Spanish Edition)

Third Eye: Third Eye Activation Secrets (Third Eye Awakening, Pineal Gland, Third Eye Chakra, Open Third Eye)

[Dmca](#)