

Buzz The Science And Lore Of Alcohol Caffeine Stephen Braun

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Buzz The Science And Lore

Now, in Buzz, Stephen Braun takes us on a myth-shattering tour of these two popular substances, one that blends fascinating science with colorful lore, and that includes cameo appearances by Shakespeare and Balzac, Buddhist monks and Arabian goat herders, even Mikhail Gorbachev and David Letterman (who once quipped, "If it weren't for the coffee, I'd have no identifiable personality whatsoever").

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Buzz: The Science and Lore of Alcohol and Caffeine: Braun ...

"Buzz" by Stephen Braun is one of the best science books I've read in a while. Mr. Braun destroys popular myths about society's most popular drugs, and he replaces those myths with facts and evidence. Often those facts are just as interesting as the myths! The book is witty and full of insight and advice about caffeine and alcohol.

Buzz: The Science and Lore of Alcohol and Caffeine ...

Braun, a science writer and television producer, begins with alcohol, which was known to ancient Sumerians 5,500 years ago. Ethanol (the drinkable form of alcohol) is a waste product of the metabolism of sugar by yeast; it is poison to the yeast that produces it and (in sufficient quantities) to the human beings who drink it.

Buzz: The Science and Lore of Alcohol and Caffeine ...

The "lore" was a bit light when weighed against hard science coverage. Braun could have delved a lot deeper into the commercial and cultural histories of these substances which in turn influence how quickly the medical community learned a good deal about brain chemistry and the subject matter is anything but dry.

Buzz: The Science and Lore of Alcohol and Caffeine by ...

Now, in Buzz, Stephen Braun takes us on a myth-shattering tour of these two popular substances, one that blends fascinating science with colorful lore, and that includes cameo appearances by Shakespeare and Balzac, Buddhist monks and Arabian goat herders, even Mikhail Gorbachev and David Letterman (who once quipped, "If it weren't for the coffee, I'd have no identifiable personality whatsoever"). Much of what Braun reveals directly contradicts conventional wisdom about alcohol and caffeine.

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Buzz : The Science and Lore of Alcohol and Caffeine by ...

Buzz: The Science and Lore of Alcohol and Caffeine. By Stephen Braun. Read preview. Synopsis. An award-winning science writer takes readers on a myth-shattering, comprehensive tour of two of the world's most popular substances. Directly contradicting much conventional wisdom about alcohol and caffeine, Stephen Braun explains why alcohol can ...

Buzz: The Science and Lore of Alcohol and Caffeine by ...

Buzz by Stephen Braun was an informative overview of the science, history, and culture of alcohol and caffeine. It was also fairly dated for a science, nonfiction read, but that rarely detracted from the quality of its information. Still, there are probably some better sources out by now, 2014. One person found this helpful

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Buzz: The Science and Lore of Alcohol and Caffeine. Johann Sebastian Bach wrote a "Coffee Cantata" espousing the joys of the bitter bean. Medieval Europeans considered booze the "water of ...

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Buzz: The Science and Lore of Alcohol and Caffeine PDF/EPUB Û The Science and PDF ☆ The Science and Lore of Epub / Science and MOBI ï Science and Lore of PDF/EPUB ² Buzz: The Epub / Alcohol and caffeine are by far the most widely consumed mind altering drugs in the world today So shouldn't we know a little about the substances which give us that much needed shot in the arm.

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Buzz: The Science And Lore Of Alcohol And Caffeine ...

"Buzz" by Stephen Braun is one of the best science books I've read in a while. Mr. Braun destroys popular myths about society's most popular drugs, and he replaces those myths with facts and evidence. Often those facts are just as interesting as the myths! The book is witty and full of insight and advice about caffeine and alcohol.

Buzz: The Science and Lore of Alcohol... book by Stephen Braun

Buzz: The Science and Lore of Alcohol and Caffeine ... If you love science and history and lore, this is an enjoyable read. If you want depth, or a comprehensive treatment of the effects of caffeine and/or alcohol, this isn't for you. Sadly, he also leaves out the psychological and sociological issues involved in these topics. ...

Amazon.com: Customer reviews: Buzz: The Science and Lore ...

Drawing on the latest research findings, "Buzz" vividly explains what happens in the brain and body when alcohol or caffeine are consumed. This often surprising story is laced throughout with anecdotes and lore as ancient as Aristotle's musings on wine and as recent as David Letterman's views on the utility of caffeine.

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Lee "Buzz : The Science And Lore Of Alcohol And Caffeine" por Stephen Braun disponible en Rakuten Kobo. Alcohol and caffeine are deeply woven into the fabric of life for most of the world's population, as close and as c...

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Now, in Buzz, Stephen Braun removes the cloak surrounding alcohol and caffeine. In an entertaining blend of modern science and ancient lore, Braun takes readers on a remarkable tour of two

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substances as familiar as a cup of coffee or a can of beer and yet as mysterious and unpredictable as the spirits these beverages were once thought to contain.

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