Why Alcoholics Relapse Table of Contents

SECTION I: The Guardienne

1. The First Inkling Why do people with years of sobriety relapse? It's as if there's another will present. How can a second will persist? Is the second will our survival center? 2. Yes, Virginia, there is a Guardienne Unthinking behaviors Tradition & history & lore Experiment 3. Who Goes There? How dangerous is the Guardienne? The Case of the Savage Sleep-Walker The Case of the Pinned Pedaller In "The Zone" Does the Guardienne ever sleep? How smart is the Guardienne? 4. O Guardienne, Where Art Thou? Guardienne signal paths diagram The Case of the Biker's Blackout Nuts & bolts: Guardienne components The Limbic Team 5. Tales of the Guardienne "Over There" Part One The Leaf Burners The Racer "Over There" Part Two 6. Guilt & the Guardienne The Case of the Fatal Photographer The Case of the Violent Veteran The Case of the Movie Murderer The Case of The Conscienceless Colonel 7. The Guardienne Gets Loose Sleep-walking Behavior under hypnosis Terminal lucidity 8. More Guardienne Tricks Déjà vu Hypnic jerks Coma hearing Savant syndrome Stockholm syndrome

Why Alcoholics Relapse Table of Contents

9. The Guardienne Goes Wild Inability to disengage Insomnia, distraction Denial Strange Case of the Secret Sipper Post Traumatic Stress Disorder (PTSD) Bipolar disorder Dissociative Identity Disorder (DID) Depersonalization/Derealization (DPDR).

SECTION II: Memory & Communicating

10. Roses in December

The Warehouse Memory regions Memory metadata The Forgotten Classmate Memory miscellany The Map-maker

11. Hello, Hello? Portals Guardienne to intellect talk Intellect to Guardienne talk

SECTION III: Knowledge is Power

12. Psych 101 Consciousness The "Unconscious" Avoidance of pain (fear) The Roller Coaster Love of the familiar Repeating dysfunctional behaviors 13. Behind the Mask Projection Dreams in general Dream generation Dream interpretation Freudian/Poevian slips 14. I Create, Therefore I Am Art, Acting, and Writing The Sleeping Scientist The Inert Inventor The Playwright's Problem The Case of the Crocked Composer The link between creativity and addiction

Why Alcoholics Relapse Table of Contents

15. Managing the Guardienne Avoiding triggers Hypnosis Altering the mind map Soul exercises Twelve-step programs Twelve steps, four drives 16. Our inheritance The disease theory Evolution and the Guardienne High inherited alcoholism rates To friends and family Back matter: Bibliography Quotes ResearchGate monograph list Biography