

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").

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 ...

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

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

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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 ...

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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. ...

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Buzz on Apple Books

Stephen R. Braun is the author of Buzz: The Science and Lore of Alcohol and Caffeine. We read through Buzz and it informed much of our take on what caffeine actually does to your brain. Braun was...