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In *Unlocking the Emotional Brain*, authors Ecker, Ticic and Hulley equip readers to carry out focused, empathic therapy using the process found by researchers to induce memory reconsolidation, the recently discovered and only known process for actually unlocking emotional memory at the synaptic level. Emotional memory's tenacity is the familiar bane of therapists, and researchers have long believed that emotional memory forms indelible learning. Reconsolidation has overturned these views.

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Thank you to Bruce, Robin, and Laurel for this excellent article and your valuable book "Unlocking the Emotional Brain." Memory reconsolidation is one of the most exciting discoveries in neuroscience and therapists need to know about this!

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Part 3: The health and social consequences of drug abuse

the brain's ability to reabsorb dopamine, with the result that the neurotransmitters remain trapped in the synapse, stimulating the receptors over and over again. Prolonged stimulation causes the reward, or pleasure associated with the drug. The greater the reward, the greater is the inclination to repeat the experience. In laboratory studies the dependence potential of a drug can be

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