

Caffeinated How Our Daily Habit Helps Hurts And Hooks Us Murray Carpenter

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Humans have used caffeine for thousands of years. A bitter white powder in its most essential form, a tablespoon of it would kill even the most habituated user. This addictive, largely unregulated substance is everywhere--in places you'd expect (like coffee and chocolate) and places you wouldn't (like chewing gum and fruit juice), and Carpenter reveals its impact on soldiers, athletes, and even children.

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