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James Fadiman
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The Psychedelic Explorer's Guide is written with a wry humor that brings Fadiman's sincere, soulful intentionality immediately to the reader, integrating and transforming from the moment one opens this important, mature, and absolutely essential book. If you are interested in the safe, effective, and transformative use of psychedelics to improve our lives and our society, you will devour this book.

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In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience - from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention.

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A brilliant and thoughtful book by one of the leading proponents of safe and responsible use of psychedelics, primarily LSD. Although he acknowledges the spiritual power of entheogenic substances the main focus of the book is how to use these substances to enhance creativity.

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The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys Audible Audiobook □ Unabridged. James Fadiman PhD (Author), Steven Jay Cohen (Narrator), Tantor Audio (Publisher) & 2 more. 4.6 out of 5 stars 302 ratings.

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Like. [In the scientific world, "fear" is usually called "skepticism." [James Fadiman, The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys. 2 likes. Like. [The authors' prior experience in clinical research4 had

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~~James Fadiman~~ amply convinced us of the possibility of long-term performance enhancement using psychedelic agents in a safe, supportive setting.

~~The Psychedelic Explorer's Guide Quotes by James Fadiman~~
Psilocybin has a long track record of safe use. Combine that small dose amounts, and microdosing appears to be safe. As you can see in the graph below, psilocybin is one of the safest substances you can find, both biochemically and socially. It's even safer than alcohol.

~~Ultimate Guide to Microdosing Mushrooms (Backed By Research)~~

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ZERO TO THREE works to ensure that babies and toddlers
benefit from the early connections that are critical to their well-
being and development.

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