



# Nicotine, Caffeine and Social Drinking: Behaviour and Brain Function

*Monique Lorist, Jan Snel*

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Often, people use nicotine, caffeine, and some level of alcohol in varying combinations at different times of the day in order to optimize their functioning and feelings of well-being, whether at work, in leisure time, or in a social context. However, until now, studies on the effects of this everyday practice have been diverse, widespread, and insufficiently summarized. Recently developed methods to study the effects in more detail have received little attention, especially among a nonscientific readership.

*Nicotine, Caffeine and Social Drinking* focuses readers' attention on the effects of normal, socially accepted psychoactive substances on cognitive performance and on the brain. Divided into three sections, this book studies each substance individually before examining the effects of their combined usage.

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