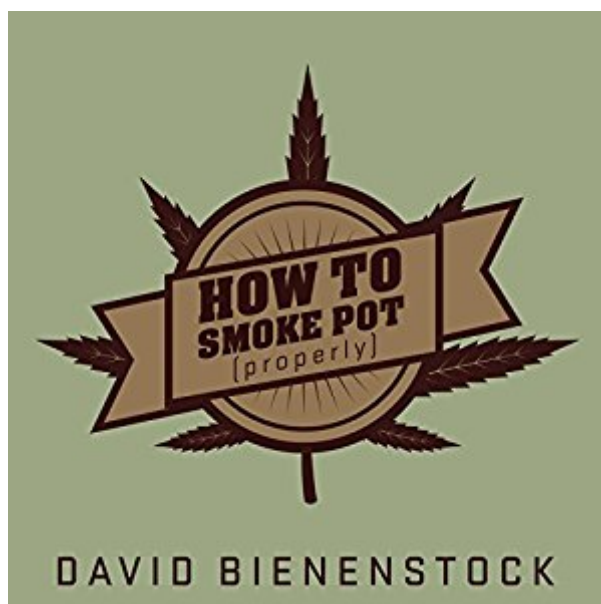


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# How To Smoke Pot (Properly): A Highbrow Guide To Getting High



## Synopsis

Once literally demonized as "the Devil's lettuce" and linked to all manner of deviant behavior by the establishment's shameless antimarijuana propaganda campaigns, Cannabis sativa has lately been enjoying a long-overdue Renaissance. So now that the squares at long last seem ready to rethink pot's place in polite society, how, exactly, can members of this vibrant, innovative, life-affirming culture proudly and properly emerge from the underground - without forgetting our roots or losing our cool? In *How to Smoke Pot (Properly)*, VICE weed columnist and former High Times editor David Bienenstock charts the course for this bold new postprohibition world. With plenty of stops along the way for "pro tips" from friends in high places, including cannabis celebrities and thought leaders of the marijuana movement, listeners will learn everything from the basics of blazing to how Mary Jane makes humans more creative and collaborative, nurtures empathy, catalyzes epiphanies, enhances life's pleasures, promotes meaningful social bonds, facilitates cross-cultural understanding, and offers a far safer alternative to both alcohol and many pharmaceutical drugs.

## Book Information

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## Customer Reviews

Book Review by Robert (Bobby Tuna) Platshorn  
*How to Smoke Pot (properly)*  
A Highbrow Guide to Getting High  
by David Bienenstock  
To be frank, I wasn't anxious to review this book. It's written by a good friend, terrific writer, and top shelf editor. But judging by the title, I figured it was just another intro to pot 101. My bookshelf is lined with these, most written by people I know well and like. They all do a decent job at what their title suggests, but I just didn't want to read another one. I couldn't imagine how this could be substantially different from all the others. But it is! It's written with the

Author's unique love for the history and traditions of our magical weed that surprised even me. Oh yeh! It's also the best collection of advice I've seen to date. It covers everything from finding the best bud at affordable prices, the skinny on vaps, papers, pre-rolls, concentrates, and accoutrements like bats, pipes, grinders, rolling trays, bongos and dab rigs. My favorite is How to Roll a Joint in a Windstorm. It's simple, elegant, requires nothing but weed and papers. Even me, the world's worst roller, can do this one. Hint, it's all done in the palm of your hand. The simple line drawings make all the instructions easy to follow. The section on How to Smoke Pot (medically) is an excellent introduction to medical marijuana. It briefly documents not only the ancient medical history dating back to pre biblical times, but the modern history of cannabis as medicine from Queen Victoria's Dr Sir J. Russell to modern day doctors like the famous Dr Jeffrey Hergenrather, and ground breaking, Dr Lester Grinspoon.

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