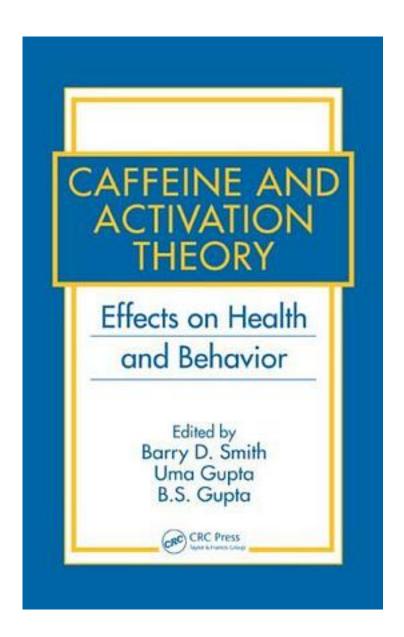
## Caffeine and Activation Theory



## Caffeine and Activation Theory\_下载链接1\_

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Caffeine is the single most widely consumed drug in the world. However, the very same chemical qualities that provide the widely perceived benefits also have both short term and long term effects on physiology and behavior. Caffeine and Activation Theory: Effects on Health and Behavior provides a balanced review of research and a clear understanding of what is known about the effects of caffeine, including effects on the cardiovascular system, reproduction, mood, performance, and psychopathology. It outlines specific areas where further research is needed and integrates literature reviews from leading experts in the field.

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