

**JAMES FADIMAN** and his coauthor, Jordan Gruber, have written the first comprehensive book on microdosing, using new research, answering questions about how to select among the most common microdosed substances, how and when they can be used, and potential benefits.

Microdosing can be a safe and powerful performance enhancer and approach to a wide range of health conditions. Jim—who was responsible for modern microdosing’s development and current popularity—and Jordan answer hundreds of questions, blending extensive research with detailed personal accounts from contributors worldwide. The book also contains wide-ranging microdosing history, research, and science.

**PEOPLE HAVE MICRODOSED SUCCESSFULLY:**

- To alleviate symptoms of depression, ADHD, chronic pain, and long COVID.
- For enhanced focus, mental acuity, and physical abilities (including sports).
- To help taper off pharmaceuticals, especially antidepressants and stimulants.
- To improve food habits, sleep, and relationships.
- To become more aware of personal habit patterns, others’ feelings, and natural surroundings.
- To reduce stress and anxiety.
- To help with more than thirty specific health concerns.

**JAMES FADIMAN, PhD**, has been professionally involved with psychedelics for more than sixty years. He developed modern microdosing, including the use of protocols, specific dose ranges, and time off. He is the author of *The Psychedelic Explorer’s Guide* (2011) and is the world’s foremost microdosing researcher.

**JORDAN GRUBER, JD**, is the coauthor with Fadiman of *Your Symphony of Selves* (2020). He has written, ghostwritten, and edited more than a dozen books in a wide variety of fields, including psychology, spirituality, finance, and personal development.

**READ BY KALEO GRIFFITH**



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The Playaway format is recommended for children ages 5 and up.

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**AUDIO**

**MICRODOSING**  
FOR HEALTH, HEALING, AND ENHANCED PERFORMANCE

**JAMES FADIMAN, PhD  
AND JORDAN GRUBER, JD**

**Adult**



**PLAYAWAY**  
THE ALL-IN-ONE AUDIOBOOK

