



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

David Bienenstock

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Once literally demonized as “the Devil's lettuce,” and linked to all manner of deviant behavior by the establishment's shameless anti-marijuana 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, post-prohibition 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, readers 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.

You'll follow the herb's natural lifecycle from farm to pipe, explore cannabis customs, culture and travel, and discover how to best utilize and appreciate a plant that's at once a lifesaving medicine, an incredibly nutritious food, an amazingly useful industrial crop, and a truly renewable energy source. You'll even get funny and informative answers to burning questions ranging from: *How can I land a legal pot job?* to *Should I eat a weed cookie before boarding the plane?*

In two-color, with charts and illustrations throughout, *How to Smoke Pot (Properly)* is truly a modern guide to this most revered herb. And remember, marijuana has the potential to help us live more meaningful, satisfying and authentic lives, and create safer, happier, more harmonious communities, but first we must learn to consume this miracle plant properly.

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Betty Edmond:

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