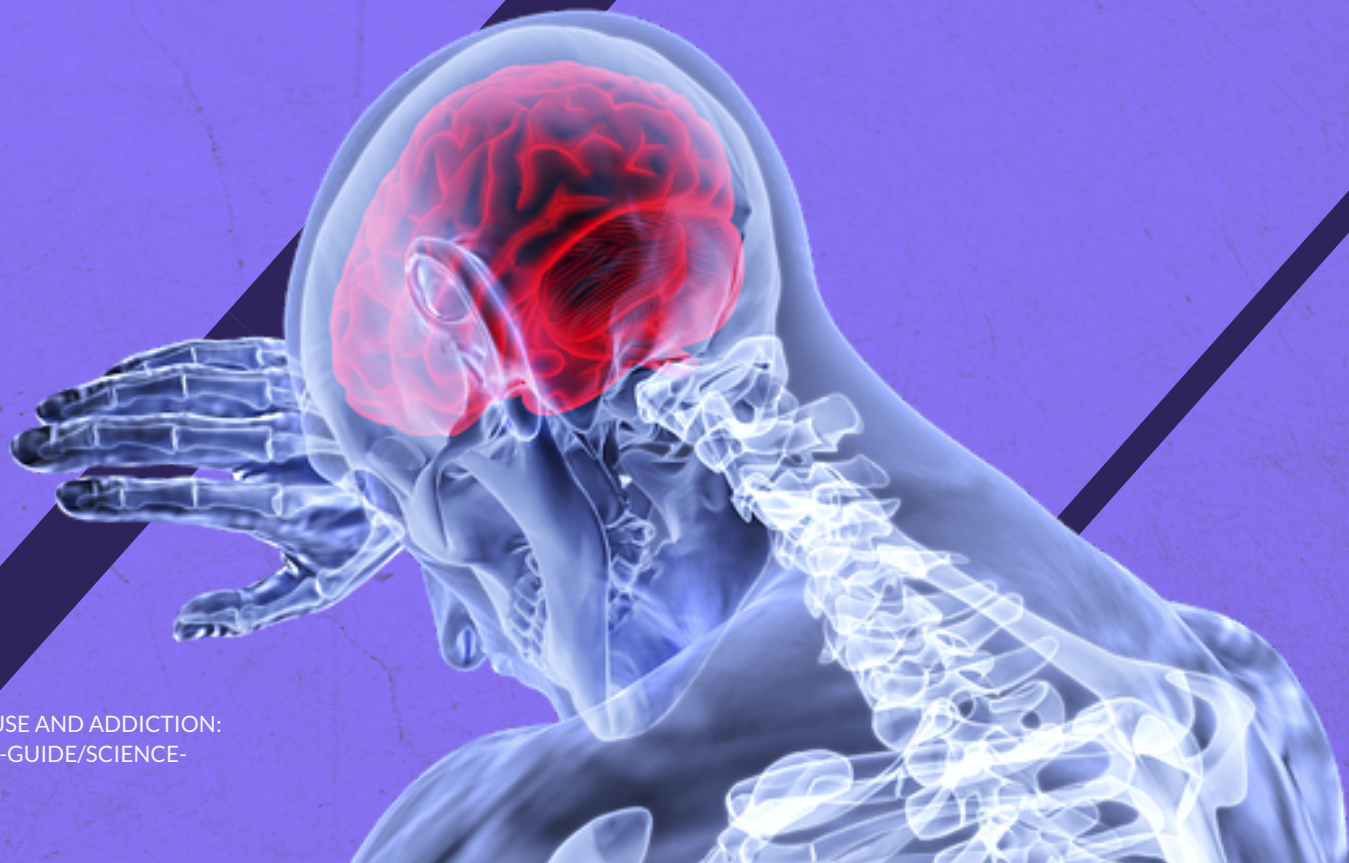


MIND CONTROL

SCIENTIFIC STUDIES EXAMINING
BRAIN-IMAGING SHOWS ADDICTION
TRANSFORMS AREAS OF THE BRAIN
CRITICAL FOR JUDGMENT, DECISION
MAKING, LEARNING, MEMORY, AND
BEHAVIOR CONTROL.



BEYOND PEER PRESSURE

IF YOU COUNT OUT PEER PRESSURE.
THE INITIAL DECISION TO DRINK OR
SMOKE IS VOLUNTARY. HOWEVER,
WHEN ADDICTION TAKES OVER, YOUR
ABILITY TO PRACTICE SELF-CONTROL
WILL BE CHALLENGED.

A DAY WITHOUT?

IF YOU COUNT OUT PEER PRESSURE, THE INITIAL DECISION TO DRINK OR SMOKE IS VOLUNTARY. HOWEVER, WHEN ADDICTION TAKES OVER, YOUR ABILITY TO PRACTICE SELF-CONTROL WILL BE CHALLENGED.



A DAY WITHOUT?

PHYSICAL DEPENDENCE OCCURS
NATURALLY ADAPTS WITH
CONSISTENT EXPOSURE TO ANY
SUBSTANCE, LEGAL OR ILLEGAL,
OR EVEN PRESCRIBED.



A DAY WITHOUT?

PHYSICAL DEPENDENCE IS NOT
EQUIVALENT TO ADDICTION BUT
CAN LEAD TO CRAVING THE DRUG
TO RELIEVE THE WITHDRAWAL
SYMPTOMS.



#BETTERSOBER