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## The Many Faces of Addiction

**This is what usually comes to mind when we think of addiction...**



Or possibly this...



Or this...



**But there are many, many more forms of addiction. In fact, just about everywhere we look, someone is doing something to excess.**



**This desire to keep doing activities that give us the most pleasure is hardwired into our brains. The thing that isn't hard-wired is the control switch that allows us to know when to stop doing them.**



**That's when we run into addiction problems.**

**As I said, addictions stem from pleasure seeking, but the kind of additions that are most dangerous are those that bring only short term pleasure and result in long term pain.**



There are plenty of other addictions that we all have, to a greater or lesser degree. Because, let's face it, to be alive is to seek out pleasure and, when we find it, indulge in it.

In fact, living the good life is itself a form of addiction.





**Here are some others...**



**The Caffeine Addict**



The Supplement Addict



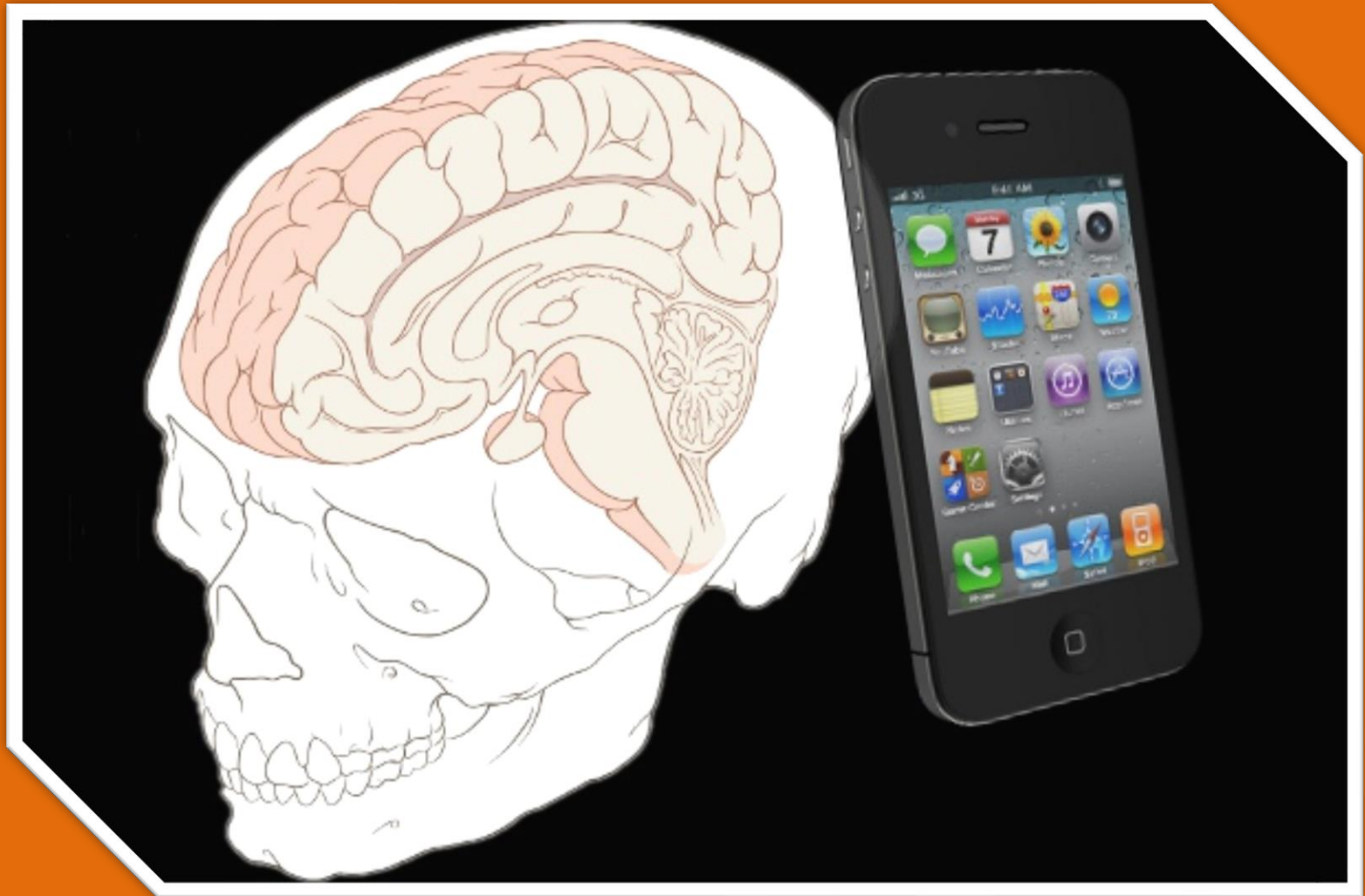
The Gambling Addict



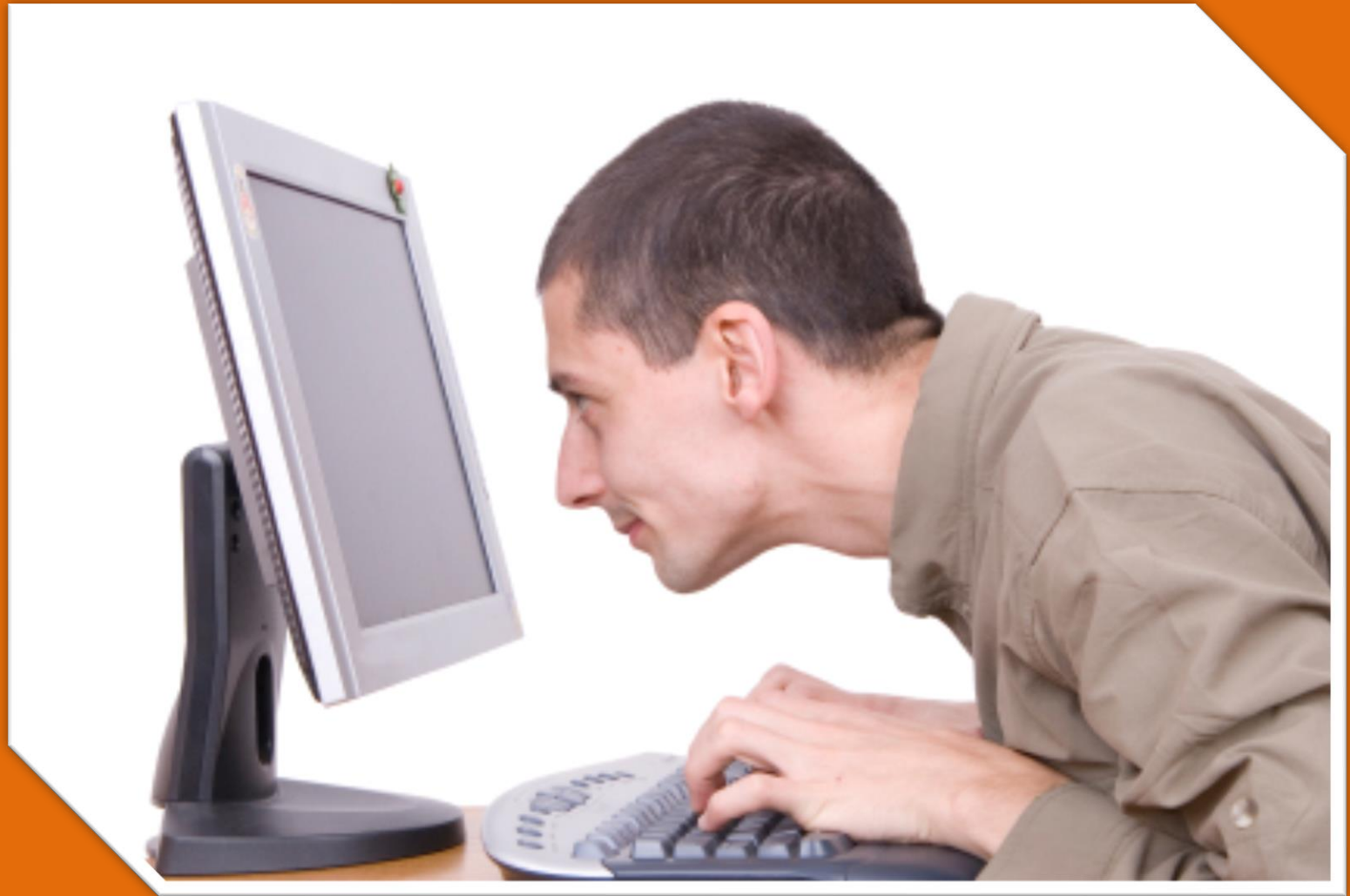
The Fast Food Addict



The Facebook - Social Media Addict



The iPhone Addict

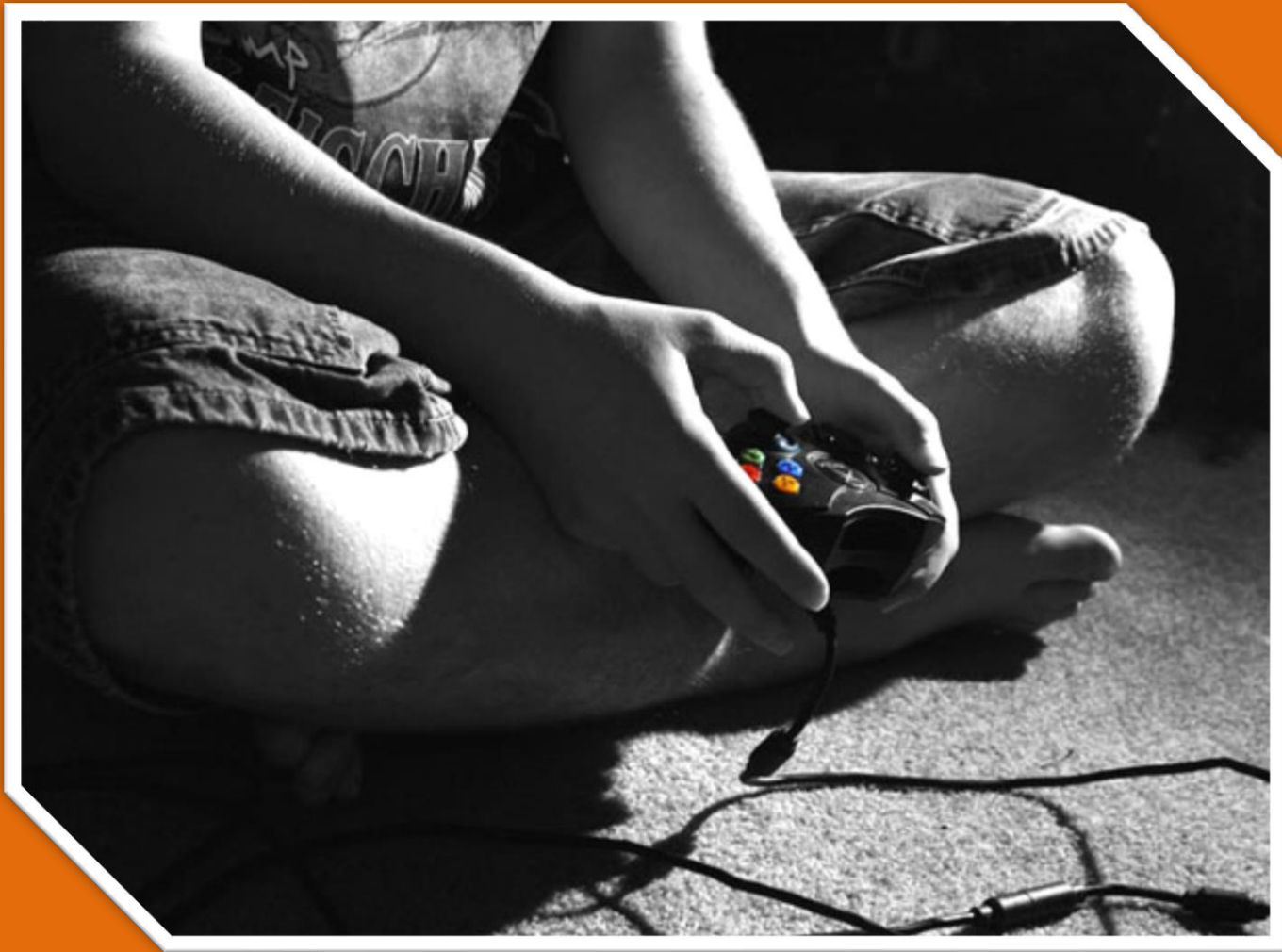


The Computer Addict



The Technology Addict





The Video Game Addict



The Shopping Addict



The Sex Addict



**So, as you can see, we all have addictive tendencies...**

The key is not letting  
them get out of control!

