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[Subject]

[Date]

Chapter 4

Humans have always been looking for peace and serenity and they adopt various ways to achieve these means. The need for peace and calmness has increased to multiple folds in recent times when the stress and multiple other illnesses have increased significantly among the human population. The reasons for these stress, depression, anxiety, and multiple other mental disorders are numerous, including job stress, financial instability, exam stress, academic pressure, societal pressure and much more (Van Womer). To cope up with all these stressful factors and pressures, people tend to adopt different means. They divert towards different options to find solutions to these issues. Some of the people find solace in their passion and hobbies, like traveling, hiking, shopping, and even sex. Some people drift towards other means like usage of substances like chemicals, medicines, drugs, and various sorts of drinks.

All these hobbies are pretty much ok and are proven to cure the symptoms of stress and depression but the problem arises when a habit or a substance becomes an addiction. Addiction is the inability of an individual to leave or get rid of a specific habit, activity, chemical, substance, drug or drink, even though it is proving harmful that individual’s mental and physical well-being. Addiction may be of any form, even in the weirdest forms. The common form of addictive drink is alcohol, which is consumed in huge quantities in social gatherings and parties.

Scientist and researchers have successfully discovered that the use of alcohol or any drugs if taken for a long time can alter the structure and functioning of the brain. It can the neurological makeup of the nervous system, making them weak and unable to transmit the signals properly (Hart). The excretion and concentration of dopamine are also altered due to the continuous use of drugs.

Works Cited

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