



Decision #5: How to Avoid Addictions: Previously published as part of "The 6 Most Important Decisions You'll Ever Make"

Sean Covey

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Teens today face so much peer pressure to binge-drink, smoke, do drugs, and try any number of other things. And while it may seem like everyone else is doing it, addiction is a serious consequence. *Decision #5* talks about:

- The three brutal realities of addiction
- The truth about alcohol, tobacco, meth, ecstasy, steroids, cocaine, prescriptions, inhalants, and more
- This is not your parents' marijuana!
- Conquering an addiction
- The drug of the twenty-first century



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