

- Addictions, Love and Crutches
 - Typically an unhealthy relationship with a substance is a result of a lacking feeling of love in our lives
 - This can be Alcohol, Cigarettes or Drugs.
 - It can also be an unhealthy relationship with food, video-games, television, porn, or even sleep.
 - Over-indulgence is an escape from the present moment, and escaping the present moment is a sure sign one doesn't feel the love that they should always feel.
 - The Harvard Rat Experiment showed that turning to substances was common when better options were not available
 - The Harvard Rate Experiment also showed that with a sense of community, connection and love, substances were not used even when readily available
 - I strongly recommend reading this article on the topic:
 - <http://upliftconnect.com/opposite-addiction-connection/>
 - Ultimately, we must learn to give ourselves to love, approval, acceptance and validation which we have been conditioned to seek in the outside world.
 - An excellent, short and actionable book on the topic is **How to love yourself like your life depends on it** by Kamal Ravikant
 - <https://www.amazon.com/Love-Yourself-Like-Your-Depends-ebook/dp/B0086BX8UE>
 - Another excellent short read is **As a Man Thinketh** by James Allen
 - https://www.amazon.com/As-Man-Thinketh-James-Allen-ebook/dp/B001C33UZG/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1488904470&sr=1-1&keywords=as+a+man+thinketh
 - As men, we grow up in a culture that is devoid of much needed emotional support
 - This is why male substance abuse and misuse rates are so high, along side male suicide rates (3rd leading cause of death)
 - This is an excellent article on the topic
 - <http://upliftconnect.com/how-lack-touch-destroying-men/>
 - The keys to quitting any addiction are community support, feeling of love from others and most importantly ourself, and then the decision to change coupled with massive action (Throw out the cigarettes, don't finish the pack, etc)