**Unit 5: Addictions**

**Videos**

# 1.How Addiction Happens (06.46)

<https://www.youtube.com/watch?v=HDfSx_Q7_Yk>

# 2. How Addiction Affects The Brain (02.28)

<https://www.youtube.com/watch?v=eVLpnMHHEPU>

**3. A simple way to break a bad habit | Judson Brewer (09.20)**

<https://www.youtube.com/watch?v=-moW9jvvMr4>