



**HIDDEN TRUTH SHOW WITH JIM BRESLO**  
**AA KILLS**

**AVAILABLE ON ALL PODCAST APPS**



1  
00:00:09,530 --> 00:00:07,089

[Music]

2  
00:00:12,169 --> 00:00:09,540

welcome to the hidden truth show podcast

3  
00:00:15,169 --> 00:00:12,179

we're gonna provide for you an interview

4  
00:00:18,260 --> 00:00:15,179

that we did with Stanton Peele who is an

5  
00:00:20,769 --> 00:00:18,270

expert on addiction and not a fan of the

6  
00:00:23,990 --> 00:00:20,779

12-step program he is the author of

7  
00:00:26,960 --> 00:00:24,000

resisting 12-step coercion how to fight

8  
00:00:29,599 --> 00:00:26,970

forced participation in a.a n.a or

9  
00:00:32,720 --> 00:00:29,609

12-step treatment this is the middle of

10  
00:00:35,959 --> 00:00:32,730

a deep dive called AAA kills where it's

11  
00:00:37,790 --> 00:00:35,969

our belief that AAA is letting down far

12  
00:00:41,389 --> 00:00:37,800

more people than it's helping and then

13  
00:00:41,990 --> 00:00:41,399

America's addiction to AAA needs to come

14

00:00:44,060 --> 00:00:42,000

to an end

15

00:00:48,500 --> 00:00:44,070

check out this interview with Stanton

16

00:00:53,720 --> 00:00:48,510

Peele hope you can handle it because

17

00:00:57,310 --> 00:00:53,730

anything radical yet nothing is or is

18

00:01:00,709 --> 00:00:57,320

not addictive nothing is addictive

19

00:01:02,209 --> 00:01:00,719

opiates of are addictive you know I'll

20

00:01:04,509 --> 00:01:02,219

tell you about an exercise that I do

21

00:01:08,120 --> 00:01:04,519

I'll give you got your fans a tree um

22

00:01:10,100 --> 00:01:08,130

you can see me at Rutgers I just was one

23

00:01:12,859 --> 00:01:10,110

of the same stage as the Portuguese drug

24

00:01:15,679 --> 00:01:12,869

czar and here's what is my opening

25

00:01:19,730 --> 00:01:15,689

gambit they say how many people in this

26  
00:01:23,630 --> 00:01:19,740  
room have had a painkiller and everybody

27  
00:01:24,980 --> 00:01:23,640  
raises their hands and then I say did

28  
00:01:26,719 --> 00:01:24,990  
you become addicted have any people

29  
00:01:30,530 --> 00:01:26,729  
became addicted to the painkiller raise

30  
00:01:31,969 --> 00:01:30,540  
your hand so a hundred people let's say

31  
00:01:35,120 --> 00:01:31,979  
in that audience raise their hand

32  
00:01:38,300 --> 00:01:35,130  
they've had an opioid painkiller zero

33  
00:01:39,109 --> 00:01:38,310  
became addicted to it and I say explain

34  
00:01:42,800 --> 00:01:39,119  
that to me

35  
00:01:45,289 --> 00:01:42,810  
aren't opioids the epitome of addiction

36  
00:01:47,270 --> 00:01:45,299  
aren't they aren't we hearing constantly

37  
00:01:48,920 --> 00:01:47,280  
that they wrote people in a man like Sam

38  
00:01:51,109 --> 00:01:48,930

cojones right Screenland

39

00:01:53,899 --> 00:01:51,119

and he devotes all chapter to how the

40

00:01:57,380 --> 00:01:53,909

opioid molecule captures usually can't

41

00:01:59,959 --> 00:01:57,390

escape and yet zero percent of the

42

00:02:05,690 --> 00:01:59,969

people in that room become addicted are

43

00:02:07,310 --> 00:02:05,700

opioids addictive well they are they

44

00:02:10,150 --> 00:02:07,320

it's something that people are capable

45

00:02:12,860 --> 00:02:10,160

of becoming addicted to

46

00:02:16,190 --> 00:02:12,870

exactly what definition applies to

47

00:02:18,080 --> 00:02:16,200

everything that we could discuss we for

48

00:02:21,259 --> 00:02:18,090

a hundred and more years have decided

49

00:02:26,259 --> 00:02:21,269

that opioids heroin being the most but

50

00:02:28,880 --> 00:02:26,269

you know put morphine whatever are a

51  
00:02:33,170 --> 00:02:28,890  
source of addiction I have some kind of

52  
00:02:35,000 --> 00:02:33,180  
secret chemical message that's not true

53  
00:02:39,619 --> 00:02:35,010  
one's never been found one will never be

54  
00:02:41,780 --> 00:02:39,629  
fail of course you know well DSM doesn't

55  
00:02:43,759 --> 00:02:41,790  
lie Lanny drug addictive but people now

56  
00:02:45,259 --> 00:02:43,769  
are capable of saying marijuana is

57  
00:02:47,780 --> 00:02:45,269  
addictive cocaine is because they're

58  
00:02:51,289 --> 00:02:47,790  
very different chemical experiences as

59  
00:02:53,630 --> 00:02:51,299  
we said gave a call gambling addicted so

60  
00:02:57,289 --> 00:02:53,640  
obviously it's not the chemical

61  
00:02:59,869 --> 00:02:57,299  
structure per se that's the source of

62  
00:03:01,759 --> 00:02:59,879  
addiction addiction takes place at the

63  
00:03:04,100 --> 00:03:01,769

level of a human experience and how a

64

00:03:08,390 --> 00:03:04,110

person relates to a particular

65

00:03:10,309 --> 00:03:08,400

involvement and so we are and have been

66

00:03:12,800 --> 00:03:10,319

thinking wrongly about addiction for

67

00:03:16,069 --> 00:03:12,810

maybe a hundred or 150 years with only

68

00:03:19,099 --> 00:03:16,079

hundred 150 years in the 19th century

69

00:03:22,490 --> 00:03:19,109

people didn't think of opioids as

70

00:03:25,910 --> 00:03:22,500

addictive they didn't say Oh opioids in

71

00:03:28,580 --> 00:03:25,920

that case morphine and opium they didn't

72

00:03:30,319 --> 00:03:28,590

say oh they're addiction they caused

73

00:03:32,690 --> 00:03:30,329

addiction and nothing else causes

74

00:03:35,690 --> 00:03:32,700

addiction we invented that around the

75

00:03:38,629 --> 00:03:35,700

turn of the 20th century now everybody

76

00:03:41,360 --> 00:03:38,639

believes it they can't distract to sway

77

00:03:43,970 --> 00:03:41,370

themselves from that feeling where that

78

00:03:46,039 --> 00:03:43,980

belief and it's completely wrong headed

79

00:03:48,759 --> 00:03:46,049

and it's killing you want me to give you

80

00:03:51,289 --> 00:03:48,769

examples how it's killing please um

81

00:03:53,539 --> 00:03:51,299

you're aware everybody's heard there's

82

00:03:57,199 --> 00:03:53,549

72 thousand people died of drug related

83

00:04:00,440 --> 00:03:57,209

causes last year most people miss state

84

00:04:06,349 --> 00:04:00,450

that as being opioid overdoses they died

85

00:04:08,690 --> 00:04:06,359

of drugs and the single policy that

86

00:04:13,360 --> 00:04:08,700

we've most tried to do that to prevent

87

00:04:18,289 --> 00:04:16,819

however Oh drug-related deaths of

88

00:04:23,190 --> 00:04:18,299

increase for each the last five years

89

00:04:27,650 --> 00:04:23,200

and hit a record height in 2017 for

90

00:04:32,520 --> 00:04:27,660

killers heroin methamphetamines cocaine

91

00:04:37,620 --> 00:04:32,530

and benzodiazepines during those same

92

00:04:46,059 --> 00:04:43,600

opioids have declined precipitously now

93

00:04:50,370 --> 00:04:46,069

do you see what's happening and why it's

94

00:04:54,070 --> 00:04:50,380

happening because we mistakenly attached

95

00:04:56,800 --> 00:04:54,080

addiction to drugs we say well opiate

96

00:05:00,249 --> 00:04:56,810

always draw addiction and that's why

97

00:05:03,249 --> 00:05:00,259

people die let's not give people opioids

98

00:05:05,860 --> 00:05:03,259

let's give them fewer opioids and more

99

00:05:07,089 --> 00:05:05,870

and more people die why do you think

100

00:05:10,409 --> 00:05:07,099

that's happening by the way that's

101  
00:05:13,559 --> 00:05:10,419  
pretty critical thing to know isn't it

102  
00:05:16,240 --> 00:05:13,569  
more people dying despite fewer

103  
00:05:18,249 --> 00:05:16,250  
prescriptions yes they're turning to

104  
00:05:24,300 --> 00:05:18,259  
heroin and they're almost and they're

105  
00:05:27,490 --> 00:05:24,310  
almost like this yes going up like that

106  
00:05:31,120 --> 00:05:27,500  
person's going down like that they're in

107  
00:05:32,770 --> 00:05:31,130  
reverse order because they're because

108  
00:05:38,529 --> 00:05:32,780  
they're turning to street drugs like

109  
00:05:41,050 --> 00:05:38,539  
heroin well they're dying of

110  
00:05:42,969 --> 00:05:41,060  
prescription painkillers - you know you

111  
00:05:46,719 --> 00:05:42,979  
can get them on the street - you know um

112  
00:05:48,760 --> 00:05:46,729  
so anyway that was my guess at the

113  
00:05:49,450 --> 00:05:48,770

answer you might say you're in the

114

00:05:53,140 --> 00:05:49,460

boardwalk

115

00:05:55,410 --> 00:05:53,150

okay when you're not yeah people don't

116

00:05:57,840 --> 00:05:55,420

die

117

00:05:59,580 --> 00:05:57,850

taking brains illness by a prescription

118

00:06:01,110 --> 00:05:59,590

you don't people don't die in the

119

00:06:02,610 --> 00:06:01,120

hospital they give you pretty powerful

120

00:06:04,440 --> 00:06:02,620

painkillers inaudible men they send you

121

00:06:07,050 --> 00:06:04,450

home with the prescription people don't

122

00:06:12,900 --> 00:06:09,450

a microscopic number of people say hey I

123

00:06:14,730 --> 00:06:12,910

want to keep doing this 99 but well you

124

00:06:20,660 --> 00:06:14,740

took painkillers why did you stop taking

125

00:06:26,610 --> 00:06:24,360

I'm sorry you told me you raise your

126

00:06:31,470 --> 00:06:26,620

hand city took painkillers Oh uh-huh

127

00:06:33,620 --> 00:06:31,480

why not because the pain went because I

128

00:06:38,130 --> 00:06:33,630

no longer needed them for the payment

129

00:06:39,660 --> 00:06:38,140

wallah and if you had any temptation to

130

00:06:42,180 --> 00:06:39,670

take them and you would say well I'm I'm

131

00:06:44,610 --> 00:06:42,190

not gonna go start taking painkillers on

132

00:06:47,280 --> 00:06:44,620

the street I'm gonna stop buying

133

00:06:48,660 --> 00:06:47,290

prescriptions and you would say you know

134

00:06:51,000 --> 00:06:48,670

I've got a few things to do I've got

135

00:06:53,700 --> 00:06:51,010

this show to do you know I'm you're

136

00:06:55,980 --> 00:06:53,710

connected to lights so the answer isn't

137

00:06:58,710 --> 00:06:55,990

that you took an opiate or didn't take

138

00:07:00,570 --> 00:06:58,720

an empty void and that would that would

139

00:07:02,190 --> 00:07:00,580

even hold true you took the opiate would

140

00:07:04,290 --> 00:07:02,200

for a month or two because you had back

141

00:07:06,480 --> 00:07:04,300

pain you still wouldn't become addicted

142

00:07:08,970 --> 00:07:06,490

it's a first then it becomes addicted to

143

00:07:10,560 --> 00:07:08,980

a substance it's not a substance that

144

00:07:15,150 --> 00:07:10,570

cause addiction which is uh which is

145

00:07:18,240 --> 00:07:15,160

where you were headed um and when when

146

00:07:20,280 --> 00:07:18,250

people are seeking painkillers either

147

00:07:22,040 --> 00:07:20,290

because they're addicted or because

148

00:07:25,200 --> 00:07:22,050

they're in pain and they can't get them

149

00:07:26,760 --> 00:07:25,210

they'll hit the streets for not only her

150

00:07:30,240 --> 00:07:26,770

or when but painkillers and also

151  
00:07:32,700 --> 00:07:30,250  
remember I told you meth cocaine and

152  
00:07:35,430 --> 00:07:32,710  
benzodiazepine deaths are going up also

153  
00:07:37,350 --> 00:07:35,440  
which are only you know people take

154  
00:07:40,260 --> 00:07:37,360  
tranquilizers sometimes for pain

155  
00:07:42,120 --> 00:07:40,270  
everything is going up so that the fact

156  
00:07:43,860 --> 00:07:42,130  
that they're seeking alternatives is

157  
00:07:47,490 --> 00:07:43,870  
partly the answer but here's the other

158  
00:07:49,230 --> 00:07:47,500  
answer I mean if you're skeptical about

159  
00:07:51,510 --> 00:07:49,240  
what I've said so far you're gonna you

160  
00:07:54,630 --> 00:07:51,520  
know cut off the interview and say I'm

161  
00:07:57,840 --> 00:07:54,640  
crazy now we've become convinced that we

162  
00:08:00,990 --> 00:07:57,850  
can't control drugs that makes us more

163  
00:08:05,850 --> 00:08:01,000

susceptible to addiction if you have a

164

00:08:09,840 --> 00:08:05,860

child and he has the weakness let's say

165

00:08:12,870 --> 00:08:09,850

let's say bites his nails there's some

166

00:08:14,520 --> 00:08:12,880

little problem you don't say Johnny let

167

00:08:17,070 --> 00:08:14,530

me explain something to you

168

00:08:18,960 --> 00:08:17,080

you're addicted to biting your nails

169

00:08:21,150 --> 00:08:18,970

you're never gonna stop biting your

170

00:08:24,680 --> 00:08:21,160

nails that's just the way you're

171

00:08:26,970 --> 00:08:24,690

genetically wired um you can't help it

172

00:08:29,490 --> 00:08:26,980

possibly the only we can do is have you

173

00:08:32,269 --> 00:08:29,500

wear a catcher's mitt all the time no

174

00:08:34,309 --> 00:08:32,279

anybody would do that

175

00:08:36,019 --> 00:08:34,319

you know what would you say about them

176

00:08:38,899 --> 00:08:36,029

as a pyramid but that's basically how we

177

00:08:41,719 --> 00:08:38,909

approach alcohol and draw and often for

178

00:08:46,689 --> 00:08:41,729

people the same age will tell us 60 here

179

00:08:51,319 --> 00:08:46,699

over 17 year old who may be doing things

180

00:08:55,220 --> 00:08:51,329

we judge not to be you know well behaved

181

00:08:56,629 --> 00:08:55,230

or possibly dangerous and we say oh for

182

00:08:59,540 --> 00:08:56,639

God's sake you've got to go there yeah

183

00:09:01,009 --> 00:08:59,550

you've got a lifetime and disease you

184

00:09:02,869 --> 00:09:01,019

know we've already gone into your drug

185

00:09:04,490 --> 00:09:02,879

taking be your painkiller behavior we're

186

00:09:07,879 --> 00:09:04,500

not gonna go into your entire history

187

00:09:14,240 --> 00:09:07,889

but many people that you and I might

188

00:09:19,160 --> 00:09:14,250

know drank in pretty random and bad ways

189

00:09:21,860 --> 00:09:19,170

when they were 16 18 22 and 24 and 90%

190

00:09:24,610 --> 00:09:21,870

of them don't drink that way now they

191

00:09:27,710 --> 00:09:24,620

got married they got a job drinking

192

00:09:31,910 --> 00:09:27,720

ceased to be the fun thing that it was

193

00:09:34,220 --> 00:09:31,920

and we're in the process I'm writing a

194

00:09:35,090 --> 00:09:34,230

book by the way now by the way I have

195

00:09:37,369 --> 00:09:35,100

something called the life process

196

00:09:39,439 --> 00:09:37,379

program which works with people who have

197

00:09:41,990 --> 00:09:39,449

problems it's a non disease based

198

00:09:44,299 --> 00:09:42,000

program and I'm writing a book with a

199

00:09:47,960 --> 00:09:44,309

man who's a developmental specialist

200

00:09:51,019 --> 00:09:47,970

named Zack Rhodes called out growing

201  
00:09:54,199 --> 00:09:51,029  
addiction with common sense rather than

202  
00:09:57,379 --> 00:09:54,209  
disease therapy and what we express is

203  
00:09:59,600 --> 00:09:57,389  
that addiction can be a normal

204  
00:10:01,790 --> 00:09:59,610  
developmental process there are periods

205  
00:10:03,559 --> 00:10:01,800  
that people go through like when they

206  
00:10:07,759 --> 00:10:03,569  
were soldiers were in Vietnam for

207  
00:10:10,069 --> 00:10:07,769  
example where addiction is a common

208  
00:10:13,970 --> 00:10:10,079  
sometimes you might even say normal

209  
00:10:17,420 --> 00:10:13,980  
response of certain kinds of college and

210  
00:10:19,639 --> 00:10:17,430  
you to youth young adult drinking but

211  
00:10:22,910 --> 00:10:19,649  
that the normal developmental process

212  
00:10:25,340 --> 00:10:22,920  
takes us away from that and that way of

213  
00:10:27,769 --> 00:10:25,350

thinking about addiction helps us to

214

00:10:29,799 --> 00:10:27,779

deal with addiction and these ways it

215

00:10:32,929 --> 00:10:29,809

makes us realize that we're not

216

00:10:35,720 --> 00:10:32,939

powerless and totally captive to them it

217

00:10:37,910 --> 00:10:35,730

makes our approach to the thing not to

218

00:10:39,199 --> 00:10:37,920

be to say well never drink you know if

219

00:10:41,720 --> 00:10:39,209

you tell a sixteen-year-old

220

00:10:44,689 --> 00:10:41,730

here's my plan for you never drink again

221

00:10:45,830 --> 00:10:44,699

that's a bad plan or if you're trained

222

00:10:49,160 --> 00:10:45,840

you're gonna go

223

00:10:52,130 --> 00:10:49,170

kill yourself that's not a real plan it

224

00:10:54,200 --> 00:10:52,140

allows us to navigate with people

225

00:10:58,010 --> 00:10:54,210

through their lives to help them be more

226

00:11:01,640 --> 00:10:58,020

aware to help encourage maturity and

227

00:11:03,890 --> 00:11:01,650

responsibility to protect them perhaps

228

00:11:07,280 --> 00:11:03,900

when they're being at a more foolhardy

229

00:11:09,440 --> 00:11:07,290

point to allow them to get to a point

230

00:11:10,880 --> 00:11:09,450

where they're going to be more sensible

231

00:11:11,720 --> 00:11:10,890

and less likely to destroy themselves

232

00:11:14,150 --> 00:11:11,730

that's a little different way of

233

00:11:18,950 --> 00:11:14,160

thinking about addiction and approaching

234

00:11:21,890 --> 00:11:18,960

it and so my joke in quotes how much

235

00:11:24,590 --> 00:11:21,900

longer will we try and reduce painkiller

236

00:11:28,130 --> 00:11:24,600

prescriptions while deaths from drugs go

237

00:11:30,800 --> 00:11:28,140

up before we decide you know maybe we

238

00:11:32,930 --> 00:11:30,810

need a different approach here maybe we

239

00:11:37,220 --> 00:11:32,940

should just get people pain pills you

240

00:11:38,630 --> 00:11:37,230

know when they're in pain conceivably we

241

00:11:44,930 --> 00:11:38,640

might even give them pills when they're

242

00:11:48,170 --> 00:11:44,940

addicted and say you know we'd like you

243

00:11:50,020 --> 00:11:48,180

to talk to a therapist this is a healthy

244

00:11:53,120 --> 00:11:50,030

way of being but you're not gonna die

245

00:11:55,940 --> 00:11:53,130

from receiving prescription painkillers

246

00:11:57,680 --> 00:11:55,950

you're gonna die from mixing five or six

247

00:12:01,490 --> 00:11:57,690

kinds of medications that's how people

248

00:12:05,330 --> 00:12:01,500

die and the goal is to keep the ethical

249

00:12:06,980 --> 00:12:05,340

harm reduction the goal is to support

250

00:12:12,139 --> 00:12:06,990

them

251  
00:12:13,850 --> 00:12:12,149  
reach a point where they'll be able to

252  
00:12:18,160 --> 00:12:13,860  
live their lives independent of an

253  
00:12:20,210 --> 00:12:18,170  
addiction but banning drugs or

254  
00:12:23,780 --> 00:12:20,220  
instructing people that their lifelong

255  
00:12:26,600 --> 00:12:23,790  
addicts for telling them listen buddy if

256  
00:12:29,269 --> 00:12:26,610  
you ever touch this drug again you're

257  
00:12:31,910 --> 00:12:29,279  
doomed now I know you used to be a

258  
00:12:33,650 --> 00:12:31,920  
heroin addict and now you know you went

259  
00:12:34,750 --> 00:12:33,660  
to the hospital and they removed your

260  
00:12:36,889 --> 00:12:34,760  
appendix

261  
00:12:39,680 --> 00:12:36,899  
sorry we're not gonna give you an

262  
00:12:42,110 --> 00:12:39,690  
anesthetic which by the way no human

263  
00:12:45,199 --> 00:12:42,120

being in the world would do every even

264

00:12:47,260 --> 00:12:45,209

the worst disease advocate who says I

265

00:12:49,250 --> 00:12:47,270

can't never touch the painkiller again

266

00:12:50,660 --> 00:12:49,260

when they say we're gonna remove your

267

00:12:52,639 --> 00:12:50,670

appendix she's one to give me some

268

00:12:55,180 --> 00:12:52,649

painkillers for the time being you know

269

00:12:57,170 --> 00:12:55,190

and let me see if I can deal with that

270

00:13:01,370 --> 00:12:57,180

what do you think you think I make any

271

00:13:03,230 --> 00:13:01,380

sense or you write down the juice you

272

00:13:05,150 --> 00:13:03,240

think no I'll think it's an interesting

273

00:13:07,130 --> 00:13:05,160

approach basically if I'm understanding

274

00:13:09,560 --> 00:13:07,140

you you're saying you don't like the

275

00:13:13,400 --> 00:13:09,570

idea of labeling things addictive or non

276

00:13:15,829 --> 00:13:13,410

addictive yes good we want to look at

277

00:13:17,420 --> 00:13:15,839

the individual and the underlying issues

278

00:13:19,310 --> 00:13:17,430

with that individual that's causing it

279

00:13:21,170 --> 00:13:19,320

indicates that the possibility of being

280

00:13:24,530 --> 00:13:21,180

more or less depending upon how

281

00:13:26,750 --> 00:13:24,540

powerfully and directly they alter your

282

00:13:29,300 --> 00:13:26,760

experience that was I was gonna make

283

00:13:32,199 --> 00:13:29,310

that point that I presume that if a

284

00:13:34,760 --> 00:13:32,209

painkiller came out that was less

285

00:13:36,470 --> 00:13:34,770

addictive if I can use that word I know

286

00:13:38,630 --> 00:13:36,480

you don't like to use that but that that

287

00:13:40,340 --> 00:13:38,640

people were less inclined to become

288

00:13:43,730 --> 00:13:40,350

addicted to you would support using that

289

00:13:46,550 --> 00:13:43,740

painkiller or such thing there's no pain

290

00:13:48,920 --> 00:13:46,560

relief in and of itself is potentially

291

00:13:51,860 --> 00:13:48,930

addictive we can there was a

292

00:13:53,630 --> 00:13:51,870

hypothetical pill a hypothetical pill

293

00:13:56,540 --> 00:13:53,640

that was less addictive you would say

294

00:14:02,930 --> 00:13:56,550

yes let's move painkiller can you know

295

00:14:05,449 --> 00:14:02,940

in pharmacology there used to be the

296

00:14:08,920 --> 00:14:05,459

search for the non addictive painkiller

297

00:14:11,630 --> 00:14:08,930

has been going on for over 100 years

298

00:14:15,199 --> 00:14:11,640

how about advil for instance advil

299

00:14:19,250 --> 00:14:15,209

doesn't that was a mild painkiller some

300

00:14:20,390 --> 00:14:19,260

drugs are more overwhelmingly deadening

301  
00:14:22,040 --> 00:14:20,400  
to your experience

302  
00:14:24,500 --> 00:14:22,050  
I mean you know fetid fentanyl and

303  
00:14:26,300 --> 00:14:24,510  
heroin but you get things in the

304  
00:14:27,170 --> 00:14:26,310  
hospitals are more powerful than street

305  
00:14:29,930 --> 00:14:27,180  
heroin

306  
00:14:32,300 --> 00:14:29,940  
anyway we're in agreement that some

307  
00:14:34,280 --> 00:14:32,310  
things can be have more addictive

308  
00:14:36,380 --> 00:14:34,290  
qualities than others and perhaps and

309  
00:14:38,720 --> 00:14:36,390  
more addictive qualities is because they

310  
00:14:41,150 --> 00:14:38,730  
more directly and predictably alter your

311  
00:14:45,110 --> 00:14:41,160  
experience so that you can rely on them

312  
00:14:47,330 --> 00:14:45,120  
for that purpose and what is let's go to

313  
00:14:52,790 --> 00:14:47,340

that but you know out but but that still

314

00:14:55,190 --> 00:14:52,800

doesn't explain any addiction sex more

315

00:14:57,290 --> 00:14:55,200

readily modifies powerfully modifies

316

00:14:59,930 --> 00:14:57,300

people experience when they were their

317

00:15:01,850 --> 00:14:59,940

20s and 30s than any drugs if you

318

00:15:03,800 --> 00:15:01,860

enjoyed that segment of the interview go

319

00:15:05,630 --> 00:15:03,810

check out the hidden truth show podcast

320

00:15:07,790 --> 00:15:05,640

that's the hidden truth show podcast

321

00:15:10,400 --> 00:15:07,800

we're currently in our deep dive called