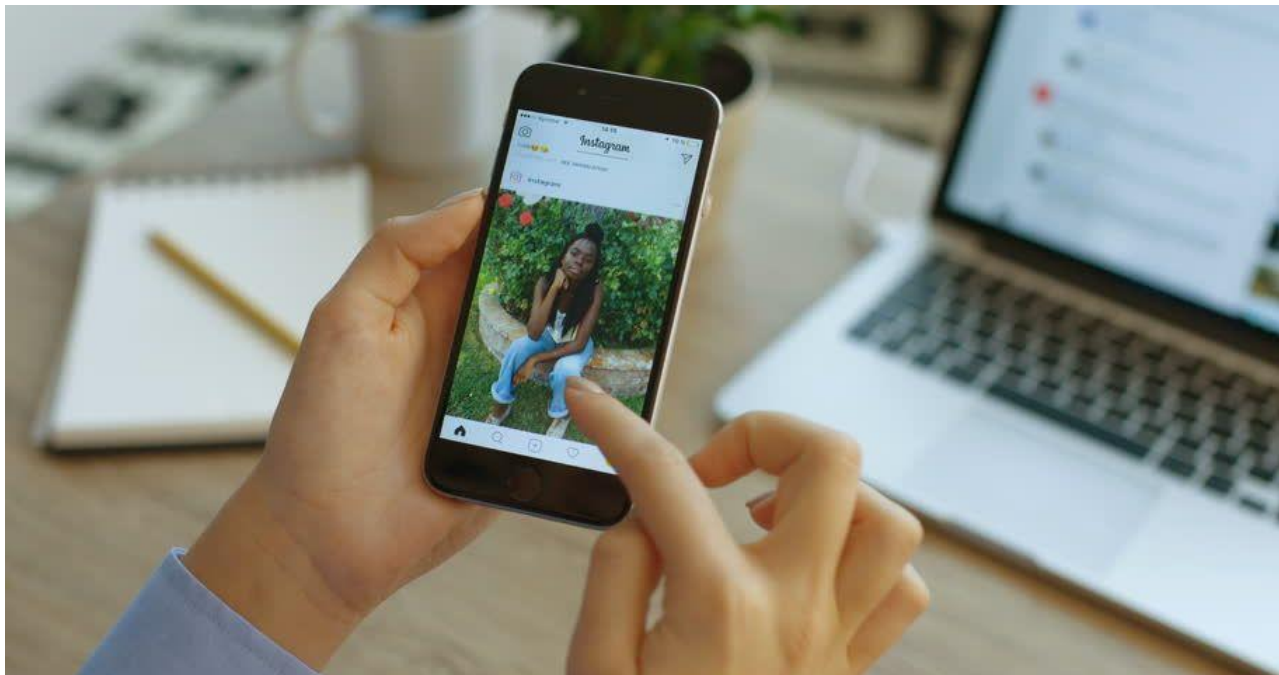


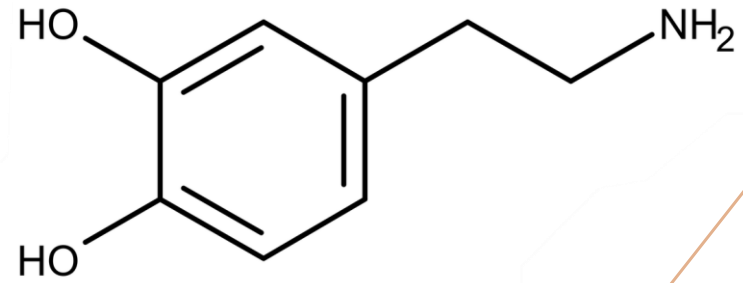
Abstract geometric lines in the top left corner, consisting of several overlapping, irregular polygons and lines in a light beige color.

HOW TO TRICK YOUR BRAIN DOING HARD THINGS ?

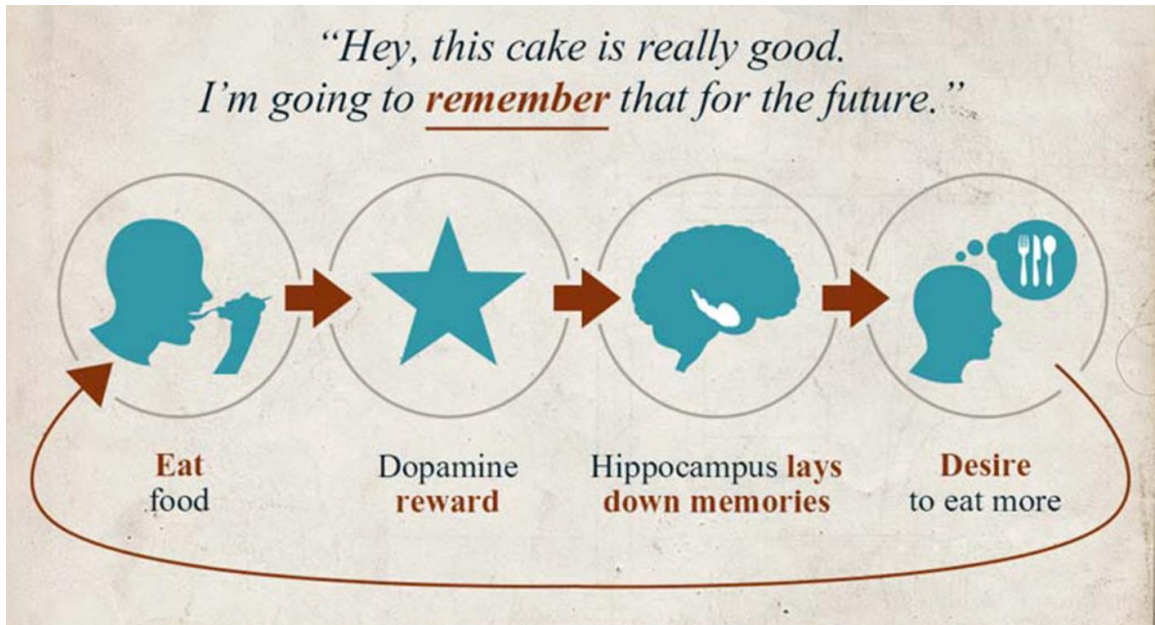
A dopamine story



DOPAMINE



*"Hey, this cake is really good.
I'm going to remember that for the future."*



"Just one more"



WHAT PRODUCE DOPAMINE ?

WHAT PRODUCE DOPAMINE ?



WHAT PRODUCE DOPAMINE ?



WHAT PRODUCE DOPAMINE ?



WHAT PRODUCE DOPAMINE ?



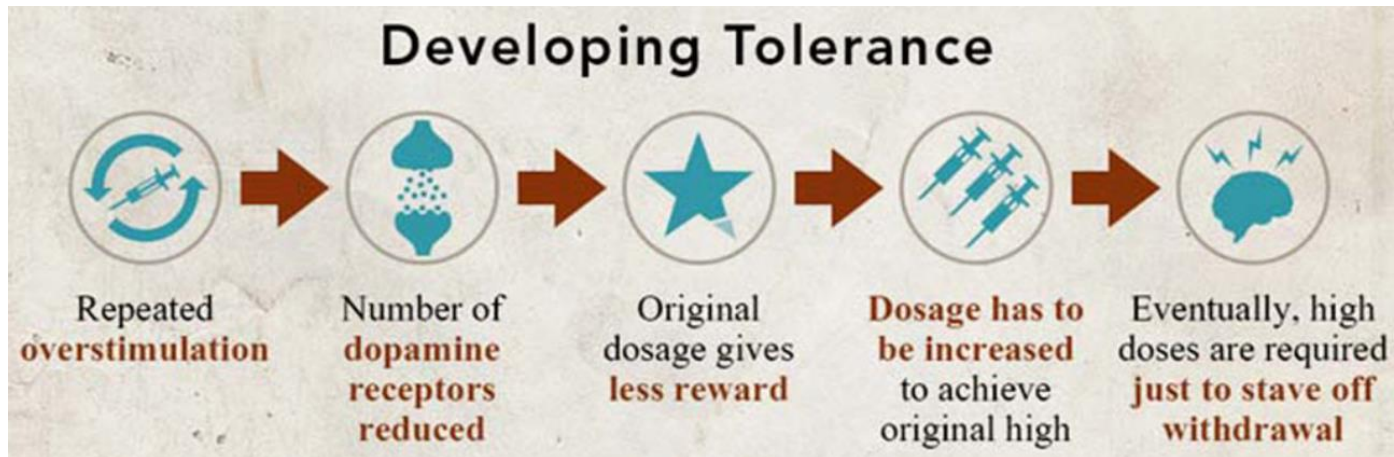
WHAT PRODUCE D



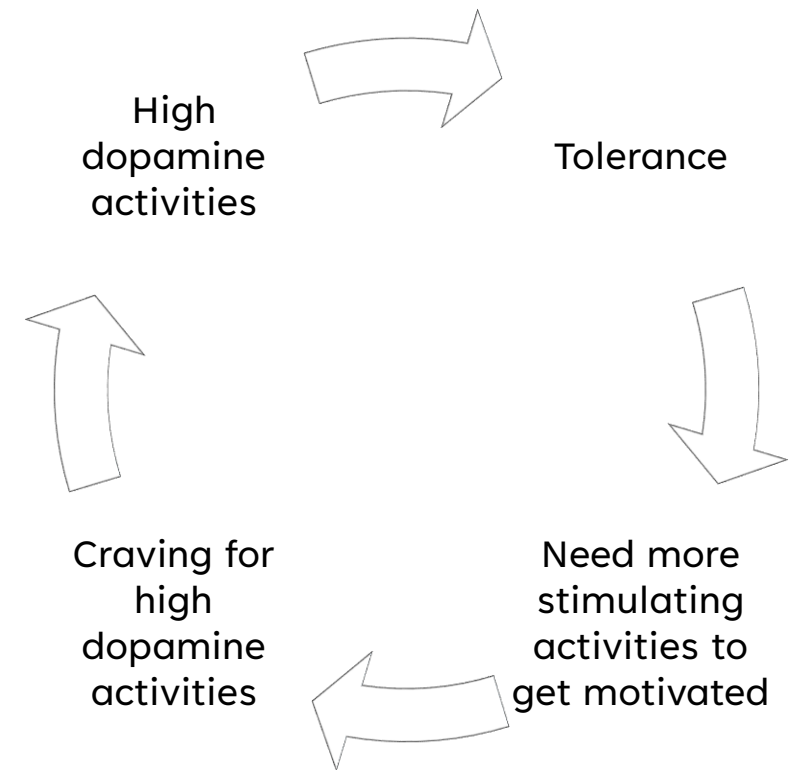
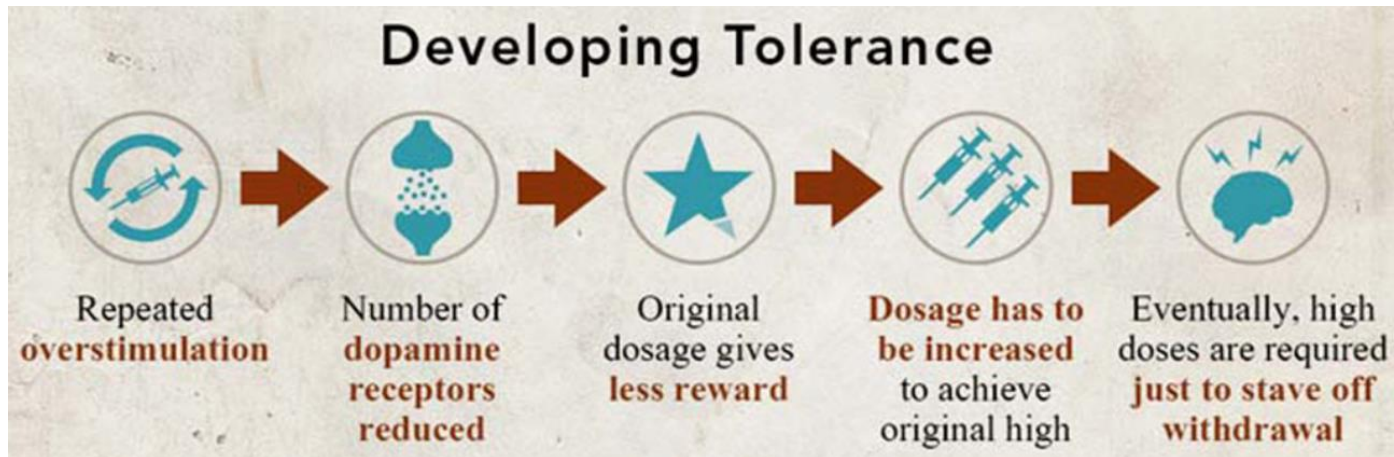


TOLERANCE

TOLERANCE



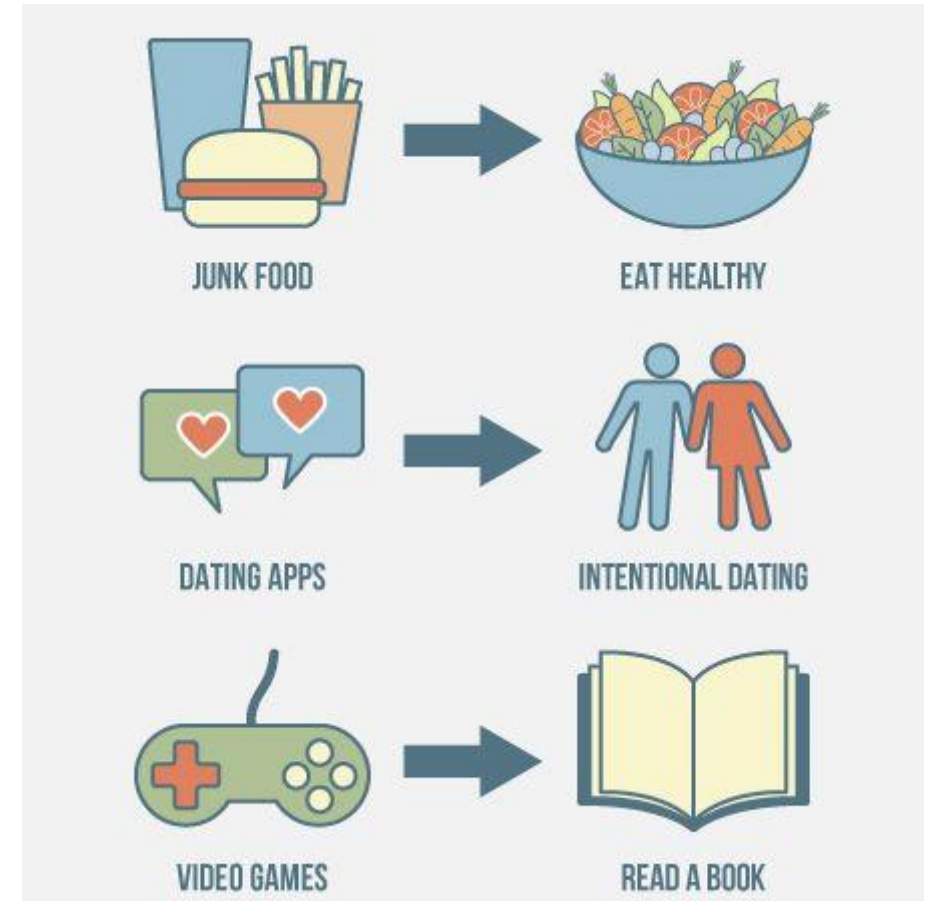
TOLERANCE



DOPAMINE DETOX



DOPAMINE DETOX



**BEING AWARE OF
A PROBLEM IS THE FIRST
STEP TO RESOLVING IT.**

