



## **Addiction**

### *Introduction*

#### **Brian Mingins**

If I was anxious or nervous or worried, drink was probably the answer. Drink was probably the answer to everything I thought.

#### **Narrator**

Brian Mingins is training to be a fitness instructor.

#### **Brian**

I've been to the off-license three or four times in the space of an hour or two hours and bought a quarter bottle of vodka each time.

#### **Narrator**

He's had lots of jobs, from the army to the construction industry. They rarely lasted long, because of his addictions.

#### **Brian Mingins**

I couldn't live my life this way - my life wouldn't last, I wouldn't live.

#### **Narrator**

But now he's back on track, and determined to understand the enemy.

Ident: The Addiction Files

#### **Ann**

Brian?

#### **Brian Mingins**

Just orange or something, yeah orange.

#### **Narrator**

Addiction's a complex beast. To explain it you need insights from several scientific disciplines. Brian's sister, Ann, is what most people would call a social drinker. What made one of them an addict, the other not?