



Addiction

Living with addiction

Narrator

Brian's present is the result of Brian's past. His environment can influence his thoughts, just as the gym can shape his body.

As he works out his future, he can reverse old trends. It will never be easy to replace the role of alcohol in Brian's life. After all, it did bring him benefits at first. But there's a lot more to Brian than a problem with alcohol.

Brian

I don't know what's round the corner, nobody knows what's round the corner. But yeah I'm optimistic for the future. Yeah, the future looks bright at the moment.