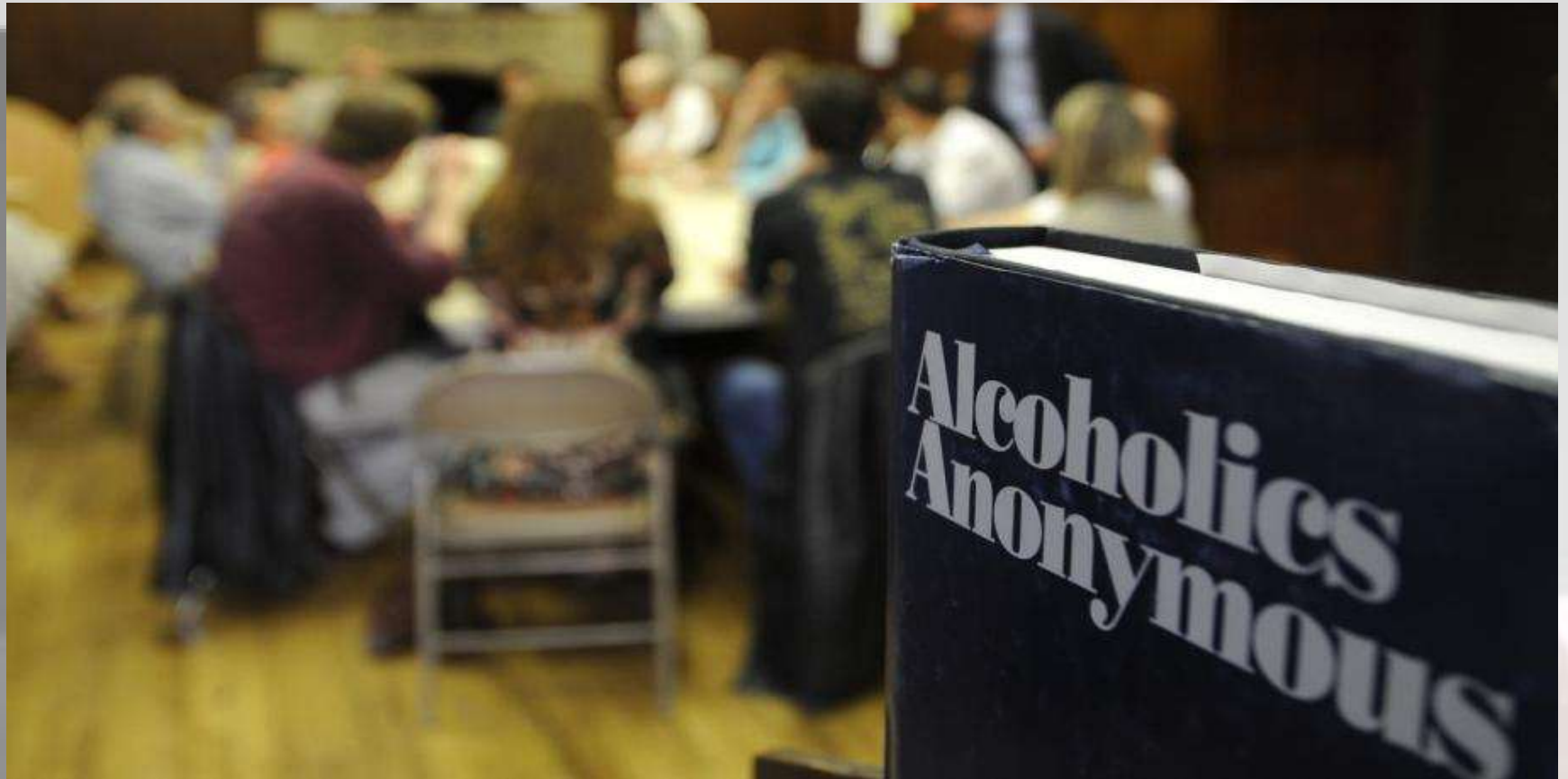


Alcoholics Anonymous

- A Support Group For Alcoholism



TWELVE STEPS

Towards life



Alcoholism

- **Alcoholism is the most severe form of alcohol abuse and involves the inability to manage drinking habits.**
- It is also commonly referred to as alcohol use disorder.



Alcoholism



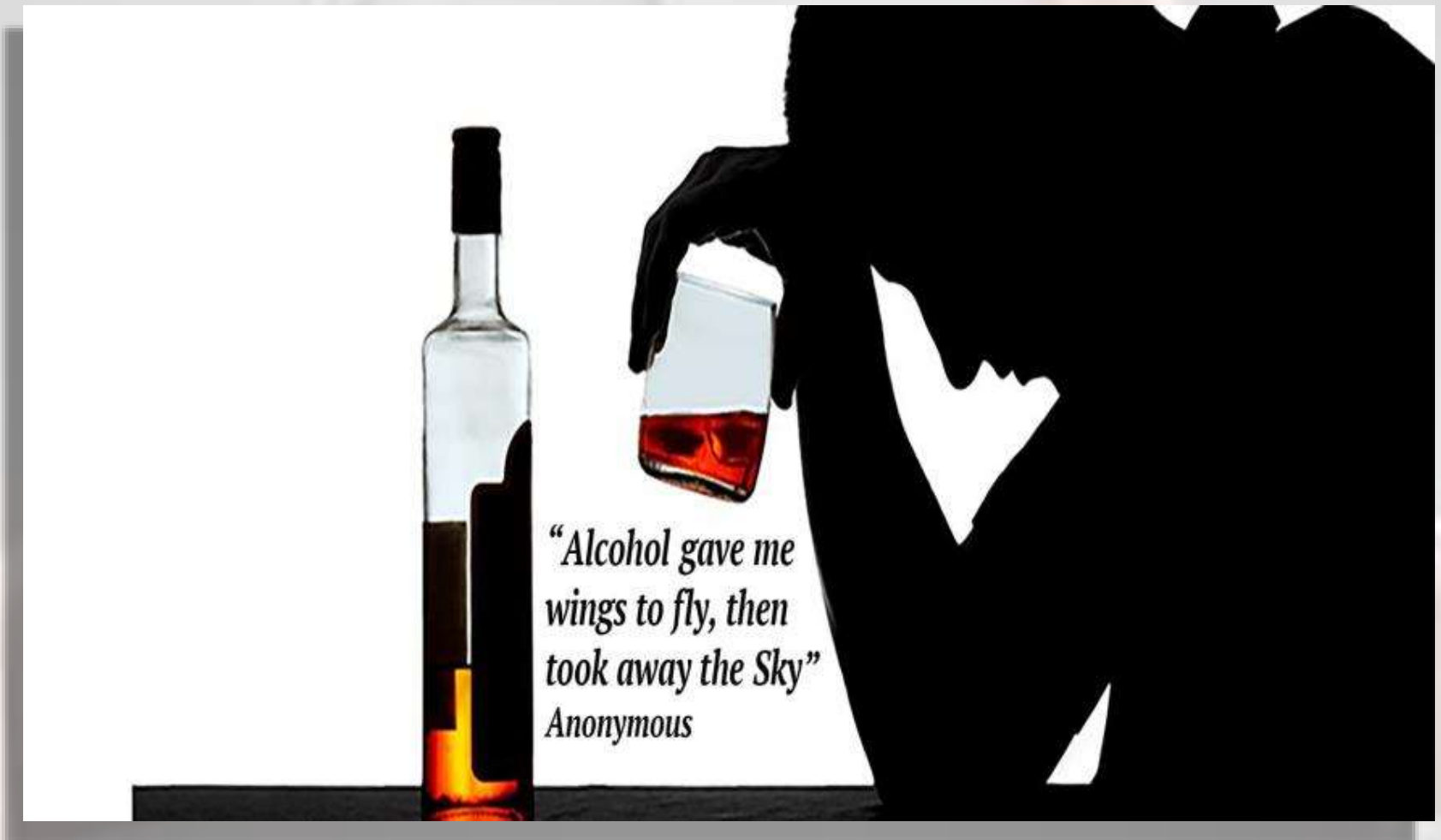
Alcoholism

- **Individuals struggling with alcoholism often feel as though they cannot function normally without alcohol.**
- This can lead to a wide range of issues and impact professional goals, personal matters, relationships and overall health.

Individuals struggling with alcoholism often feel as though they cannot function normally without alcohol



Individuals struggling with alcoholism often feel as though they cannot function normally without alcohol



*"Alcohol gave me
wings to fly, then
took away the Sky"*
Anonymous

Warning Signs of Alcoholism

- When alcohol addiction is discovered in its early stages, the chance for a successful recovery increases significantly.

Common signs of alcoholism include:

- **Being unable to control alcohol consumption**
- **Craving alcohol** when you're not drinking
- **Putting alcohol above personal responsibilities**
- **Feeling the need to keep drinking more**
- **Spending a substantial amount of money on alcohol**
- **Behaving differently after drinking**

Warning Signs of Alcoholism

- Drinking in the morning
- Drinking at work/school
- Missing work or school
- Loss of friends/family
- Drinking alone
- Hiding alcohol
- Lying
- Problems at school /work
- Frequent blackouts
- Neglecting responsibilities
- Malnutrition
- Moodiness
- Legal trouble
- Developing a stronger tolerance
- Lack of interest in hobbies



Intoxication: Drunk
Sober: Not drunk

**Video: When you live in
an alcoholic family**

Warning Signs of Alcoholism



Reasons Why People Drink

- **Many factors can increase the risk of alcohol abuse.**
- While there are various reasons as to why people start drinking, some of the most common are to:



Reasons Why People Drink

- **Relieve stress**
- **Since alcohol is a depressant and a sedative, drinking produces feelings of pleasure. However, frequent drinking builds tolerance, requiring you to consume more alcohol in order to achieve the same effects.**

Relieve Stress



Reasons Why People Drink

- **Feel Good**
- **Consuming alcohol can provide some people a break from reality.** It offers a sense of relief from underlying issues your mind may be trying to escape from.

Consuming Alcohol Can Provide Some People A Break From Reality



Reasons Why People Drink

- **Cope With Loss**
- **Losing a family member or friend can take a toll on you emotionally, physically and mentally.**
- **Alcohol can ease the grief you are feeling and is used to get through difficult times.**

Cope With Loss



Reasons Why People Drink

- **Overcome Anxiety**
- **Some people are naturally anxious, causing them to perpetually worry.**
- **Drinking lowers an individual's inhibitions and makes them more comfortable in social situations.**

Overcome Anxiety



Health Complications from Alcohol Abuse

- **Drinking too much – on a single occasion or long-term – can take a serious toll on your health.**
- Some effects of alcohol may have a minor effect on your health, while others can be severe or life-threatening

Health Complications from Alcohol Abuse

Alcohol has been identified as a causal factor in more than

60 Medical conditions

including:

- mouth, throat, stomach, liver and breast cancers
- depression
- cirrhosis of the liver
- stroke
- heart disease
- pancreatitis
- liver disease



Health Complications from Alcohol Abuse

A hand holding a glass of amber liquid, likely alcohol, with a blurred background.

- **Several short-term effects of alcohol abuse may produce:**
- Slow reaction time
- Poor reflexes
- Reduce brain activity
- Lowered inhibitions
- Blurry vision
- Difficulty breathing
- Restlessness

Health Complications from Alcohol Abuse



Health Complications from Alcohol Abuse



Health Complications from Alcohol Abuse

- **Additionally, consuming too much alcohol can affect your long-term health.**
- **Here are some of the long-term health conditions caused by alcohol:**
- **Brain defects, including Wernicke- Korsakoff syndrome**
- **Liver disease**
- **Diabetes complications**
- **Heart problems**
- **Increased risk of cancer**
- **Vision damage**
- **Bone loss**

Wernicke- Korsakoff syndrome

Korsakoff's Syndrome

- Characterized by amnesia, creation of new memories, apathy
- Both of these diseases are caused by vitamin B1 (thiamine) deficiencies, simultaneous occurrence makes wernicke-korsakoff disorder



Health Complications from Alcohol Abuse



Potential long-term effects of

Ethanol

Red - generally "bad"
Green - generally "good"

Large consumption

Brain:

- Impaired development

- Wernicke-Korsakoff syndrome

* Vision changes

* Ataxia

* Impaired memory

- Psychological

* Cravings

* Irritability

* Antisociality

* Depression

* Anxiety

* Panic

* Psychosis

* Hallucinations

* Delusions

* Sleep disorders

Mouth, trachea and esophagus:

- Cancer

Blood:

- Anemia

Heart:

- Alcoholic cardiomyopathy

Liver:

- Cirrhosis

- Hepatitis

Stomach:

- Chronic gastritis

Pancreas:

- Pancreatitis

Peripheral tissues:

- Increased risk of diabetes type 2

Small to moderate consumption

Systemic:

- Increases insulin sensitivity

- Lower risk of diabetes

Brain:

- Reduce the number of silent infarcts

Blood:

- Increases HDL

- Decreases thrombosis

- Reduces fibrinogen

- Increases fibrinolysis

- Reduces artery spasm from stress

- Increases coronary blood flow

Skeletal:

- Higher bone mineral density

Effects linked with both small and large consumption

Joints:

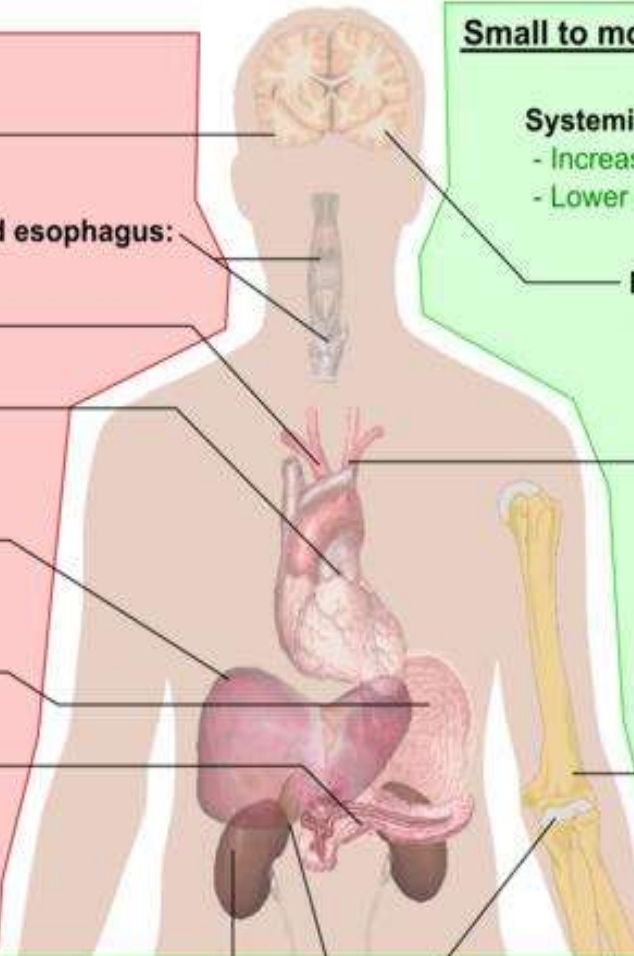
- Reduced risk of rheumatoid arthritis

Gallbladder:

- Reduced the risk of developing gallstones

Kidney:

- Reduced risk of developing kidney stones



Health Complications from Alcohol Abuse

- **As the National Council on Alcoholism and Drug Dependence discusses, the following are some of the ways in which problem drinking affects family members, employers, colleagues, fellow students, and others:**



NCADD

**NATIONAL COUNCIL ON ALCOHOLISM AND
DRUG DEPENDENCE, INC.**

Health Complications from Alcohol Abuse

- *Neglect of important duties*: Alcohol impairs one's cognitive functions and physical capabilities, and this, at some point, will likely result in neglect of responsibilities associated with work, home life, and/or school.

Health Complications from Alcohol Abuse



Health Complications from Alcohol Abuse

- *Needing time to nurse hangovers*: Alcohol has various short-term side effects, such as hangovers.
- The physical state of a hangover may be temporary, but it can significantly disrupt a person's ability to meet commitments as well as invite unhealthy behaviours, such as poor eating and a lack of exercise.

Needing time to nurse hangovers



Health Complications from Alcohol Abuse

- ***Encountering legal problems:*** Drinking can increase a person's likelihood of getting into **fights, displaying disorderly conduct in public, driving under the influence, and becoming involved in domestic disputes or violence.**

Encountering legal problems



Health Complications from Alcohol Abuse

- *The inability to stop at will:* Alcohol is an addictive substance and can lead to physical dependence.



Treatment for Alcoholism

- **Choosing to seek help for an alcohol addiction is one of the biggest decisions you will face.**
- **Alcohol treatment is broken into three sections, consisting of:**

Treatment for Alcoholism



Treatment for Alcoholism

- **Detoxification**
- **The first stage in alcohol addiction recovery is detoxification.**
- **This phase should be completed with the help of medical professionals due to the potential for serious, uncomfortable withdrawal symptoms. Many times, individuals are given a medication to help alleviate the painful side effects of a withdrawal.**

Detoxification



◆ Vomiting

◆ Nausea

◆ Headaches

◆ Sweats

...and other unpleasant symptoms



It is always wise to consult with a
doctor before trying to detox on your own



Treatment for Alcoholism

- **Rehabilitation**
- **There are two types of rehabilitation that help treat alcoholism: inpatient rehab and outpatient rehab.**
- **Inpatient rehabs are intensive treatment programs that require you to check into a facility for a certain period of time, usually 30, 60 or 90 days. Outpatient rehab allows individuals to participate in a recovery program while continuing with their daily life.**

Rehabilitation

Inpatient Rehab

VS

Outpatient Rehab

- 1 Patient stays in the facility
- 2 Higher success rate
- 3 More expensive
- 4 Disruptive to daily life
- 5 24 hour medical and emotional support
- 6 28 days to six months program
- 7 Designed to treat serious addictions
- 8 No distractions of everyday life

- 1 Patient stays at home, but goes to treatment during the day
- 2 Lower success rate
- 3 More affordable
- 4 Patient maintains a more normal daily routine
- 5 Accessible to social circle support
- 6 3 months to over a year program
- 7 Good for someone with a mild addiction
- 8 10 to 12 hours a week

Treatment for Alcoholism

- **Maintenance**
- **The recovery process doesn't end with the completion of rehab.**
- Long-term sobriety requires ongoing therapy and may entail support groups, counselling and other recovery resources. These will make sure you maintain sobriety and continue on a happy, healthy path for months and years to come.

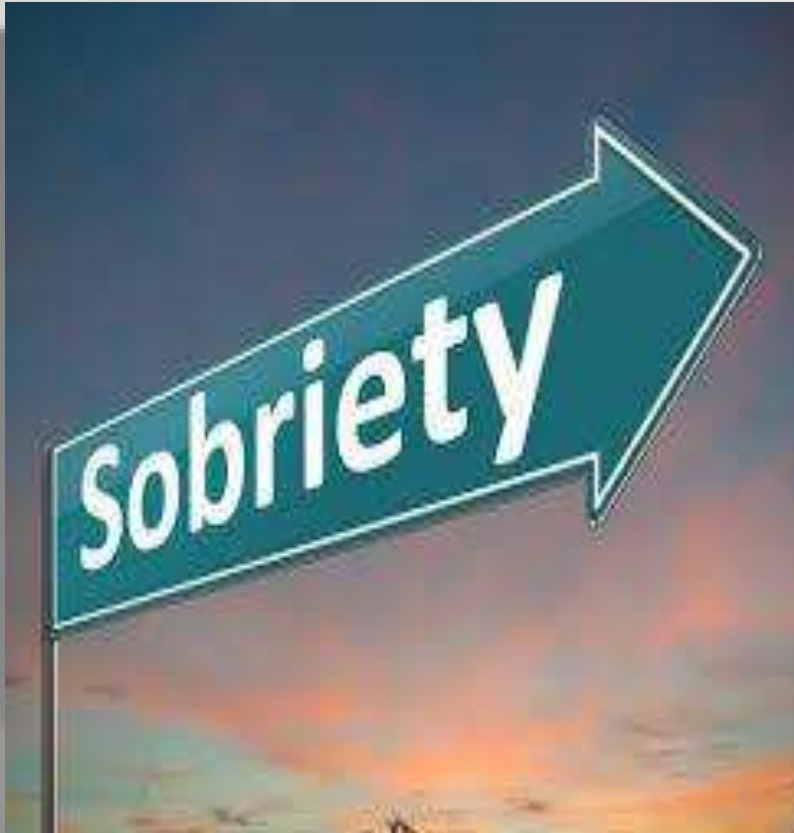
Long-term sobriety requires ongoing therapy and may entail support groups, counselling and other recovery resources




Alcoholics Anonymous

- **Alcoholics Anonymous (AA)** is an international mutual aid fellowship whose stated purpose is to "enable its members to stay sober and help other alcoholics achieve sobriety"

Alcoholics Anonymous




The Definition of So·bri·e·ty 

[suh-brah-y-i-tee]

noun

1. The state or quality of being sober.



RehabCenter.net

Alcoholics Anonymous

Alcoholics Anonymous



Alcoholics Anonymous

- **It was founded in 1935 by Bill Wilson and Bob Smith in Akron, Ohio.**
- **With other early members, Wilson and Smith developed AA's Twelve Step program of spiritual and character development.**
- **AA's initial Twelve Traditions were introduced in 1946 to help the fellowship be stable and unified while disengaged from "outside issues" and influences.**

Founders of Alcoholics Anonymous: Bill Wilson and Bob Smith



Alcoholics Anonymous

- **The Traditions recommend that members remain anonymous in public media, altruistically help other alcoholics, and that AA groups avoid official affiliations with other organizations.**

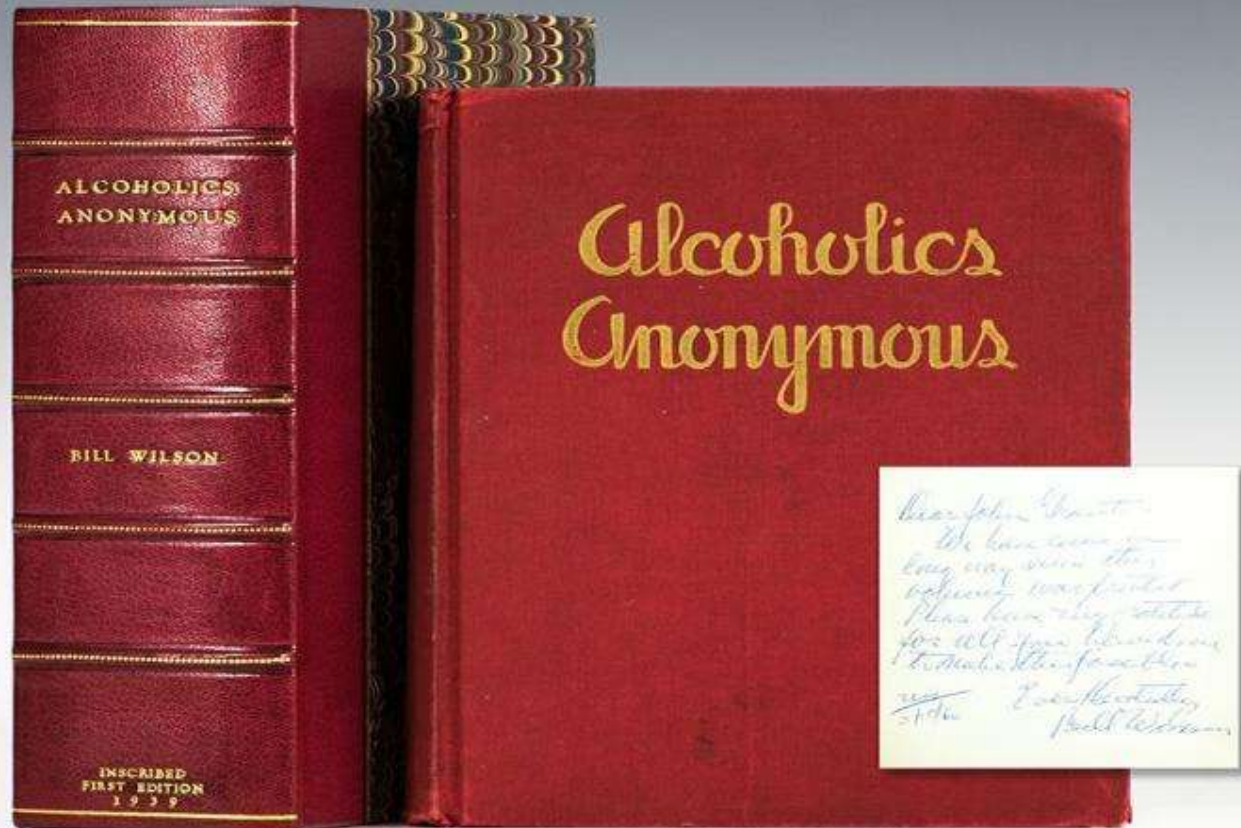
Alcoholics Anonymous



Alcoholics Anonymous

- AA's name is derived from its first book, informally called "**The Big Book**", originally titled *Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered From Alcoholism.*

"The Big Book"



ALCOHOLICS
ANONYMOUS

BILL WILSON

INSCRIBED
FIRST EDITION
1953

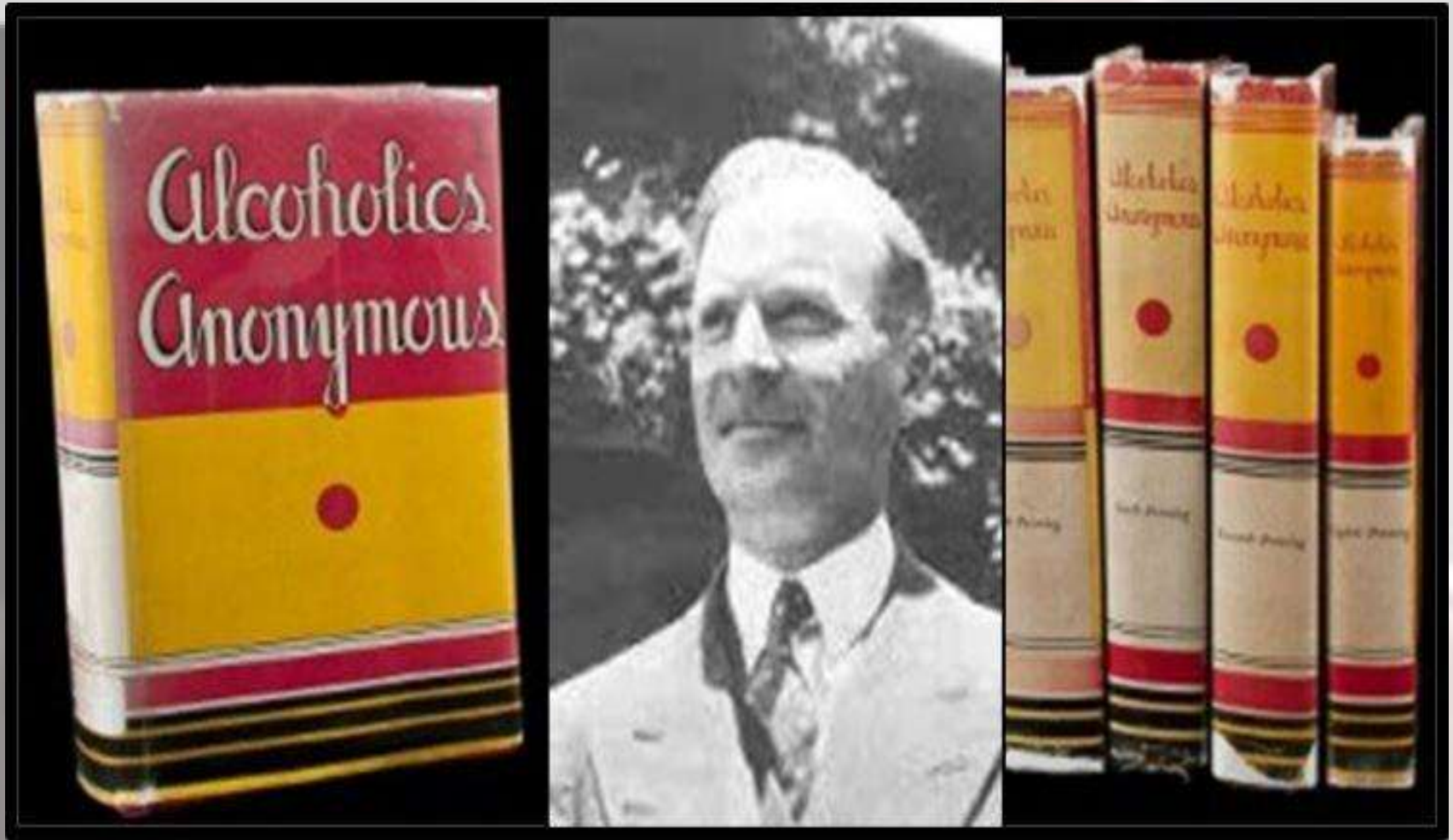
Alcoholics
Anonymous

Dear John Grant:
We have seen your
copy and since this
copy was printed
Please have my thanks
for all your kindness
to make this possible
Yours faithfully
Bill Wilson

Alcoholics Anonymous

- **ALCOHOLICS ANONYMOUS** is a worldwide fellow-ship of more than one hundred thousand alcoholic men and women who are banded together to solve their **common problems and to help fellow sufferers in recovery from that age-old, baffling malady, alcoholism.**

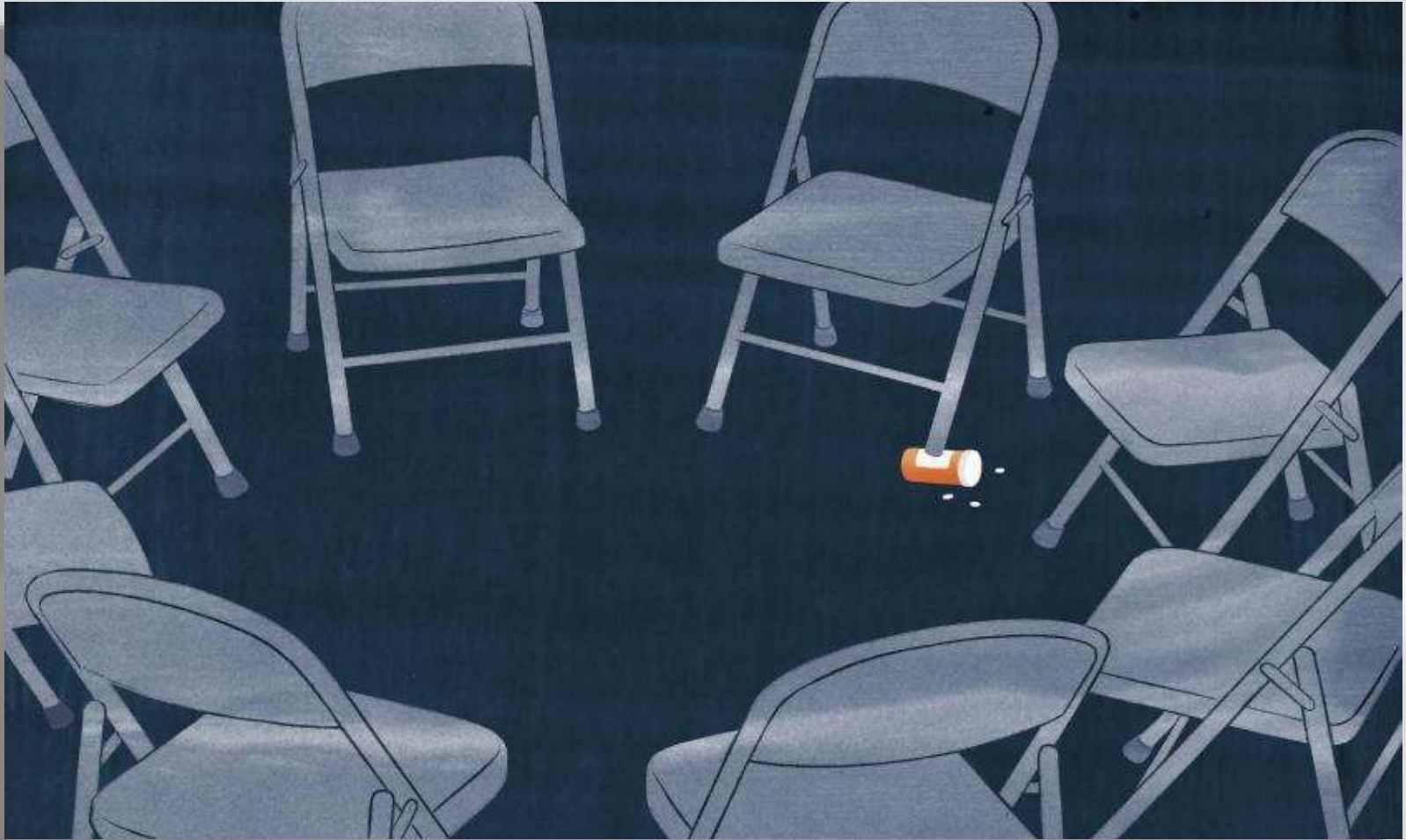
ALCOHOLICS ANONYMOUS



Alcoholics Anonymous

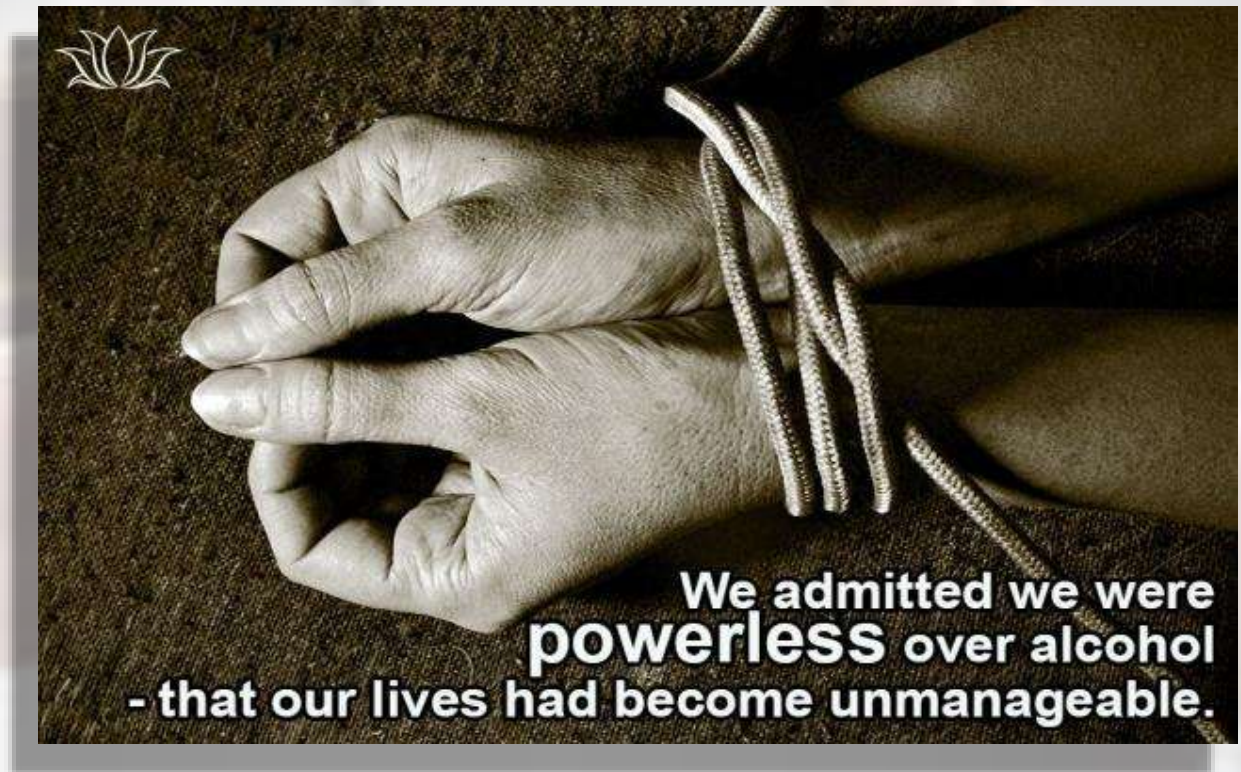
- **A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.**

Alcoholics Anonymous



Step One

*“We admitted we were powerless over alcohol
—that our lives had become unmanageable.”*



Step One

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1

2

3

“

4

5

6

We admitted we were powerless over alcohol—that
our lives had become unmanageable

7

8

9

10

11

12

”

Alcoholics Anonymous AA.Org

Step One

- **WHO cares to admit complete defeat?**
Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness.
- **It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us.**

Step Two

- *“Came to believe that a Power greater than ourselves could restore us to sanity.”*

Came to believe that a
Power greater than
ourselves
could restore us to sanity.



Step Two

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

Came to believe that a Power greater than ourselves
could restore us to sanity

”

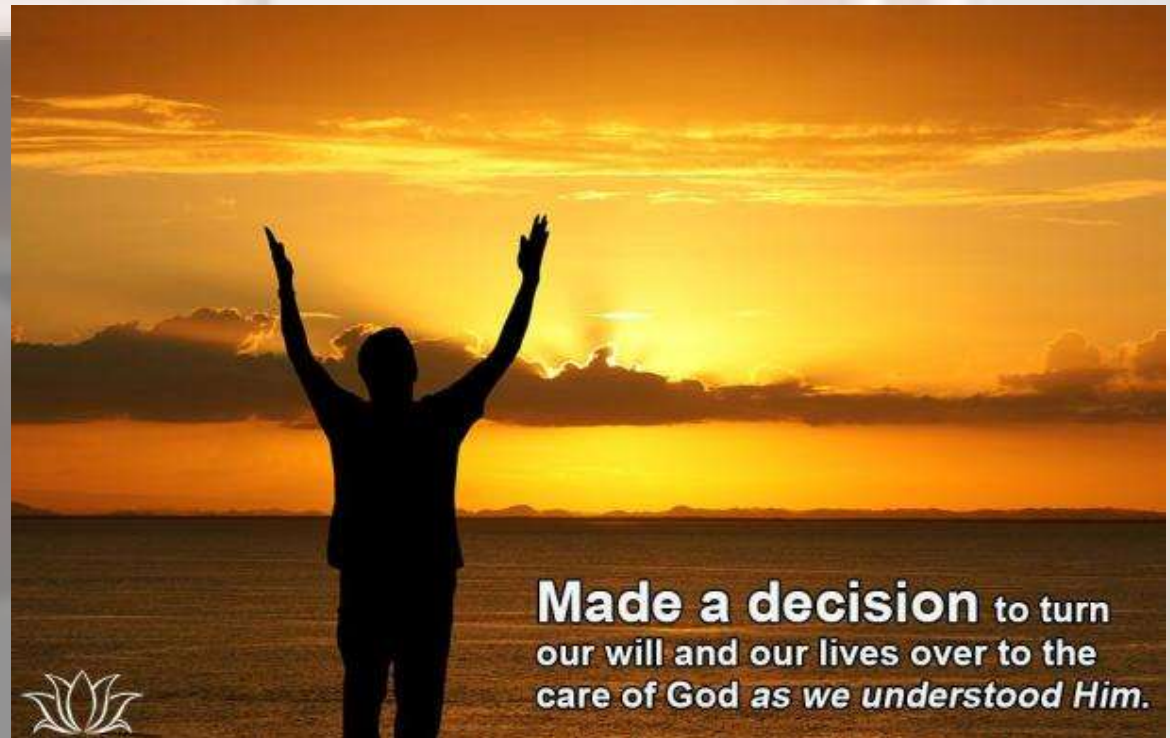
Alcoholics Anonymous AA.Org

Step Two

- **Relieved of the alcohol obsession, their lives unaccountably transformed, they came to believe in a Higher Power, and most of them began to talk of God.**

Step Three

- *“Made a decision to turn our will and our lives over to the care of God, as we understood Him.”*



Step Three

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

- | | | |
|----|----|----------|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| 7 | 8 | 9 |
| 10 | 11 | 12 |

“

Made a decision to turn our will and our lives over to the care of God as we understood Him

”

Alcoholics Anonymous AA.Org

Step Three

- **PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open.**
- There is only one key, and it is called willingness. Once un-locked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is a n inscription.

Step Four

- *“Made a searching and fearless moral inventory of ourselves.”*

Step 4

We made a searching
and fearless moral
inventory of ourselves.

Step Four

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

Made a searching and fearless moral inventory
of ourselves

”

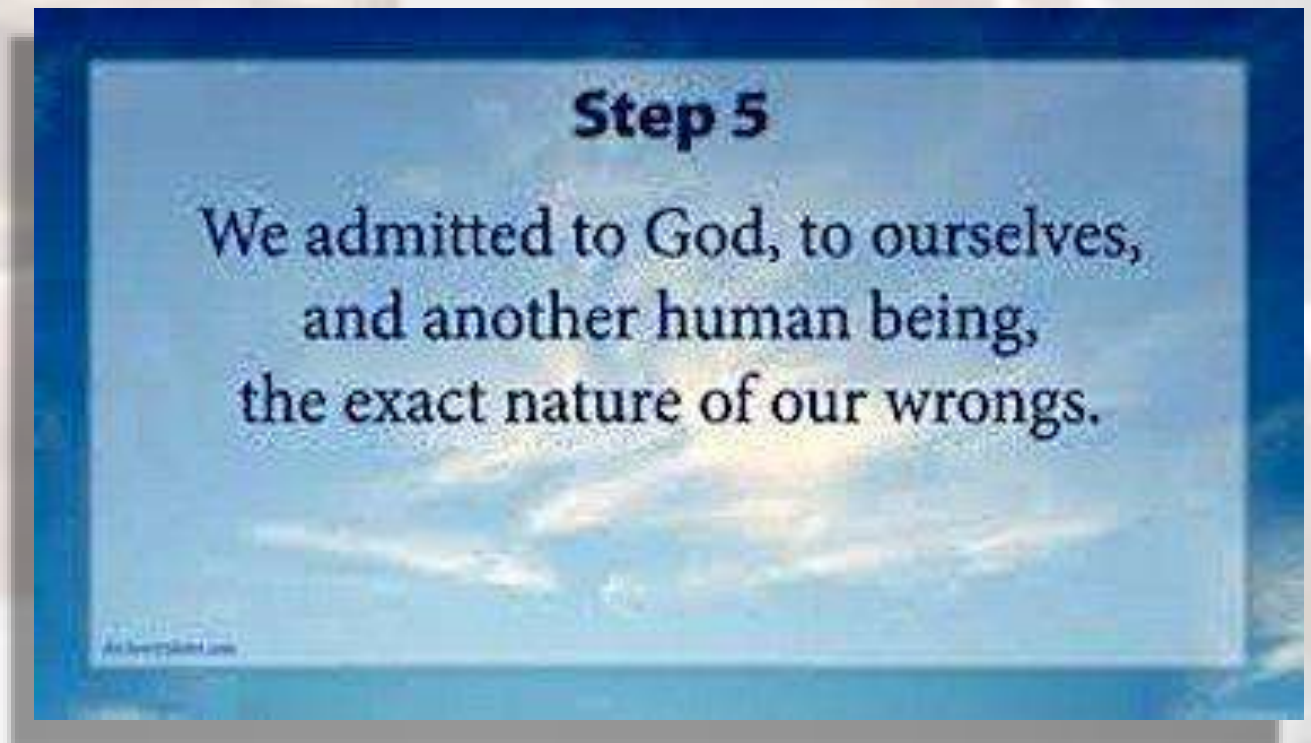
Alcoholics Anonymous AA.Org

Step Four

- **Step Four “Made a searching and fearless moral inventory of ourselves.”**
- **CREATION** gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival.
- **Yet these instincts, so necessary for our existence, often far exceed their proper functions.**

Step Five

- *“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”*



Step Five

- **ALL OF A.A.'s Twelve Steps ask us to go contrary to our natural desires, they all deflate our egos.**
- **When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to long time sobriety and peace of mind than this one.**

Step Five

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

”

Alcoholics Anonymous AA.Org

Step Six

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

Were entirely ready to have God remove all these defects of character

”

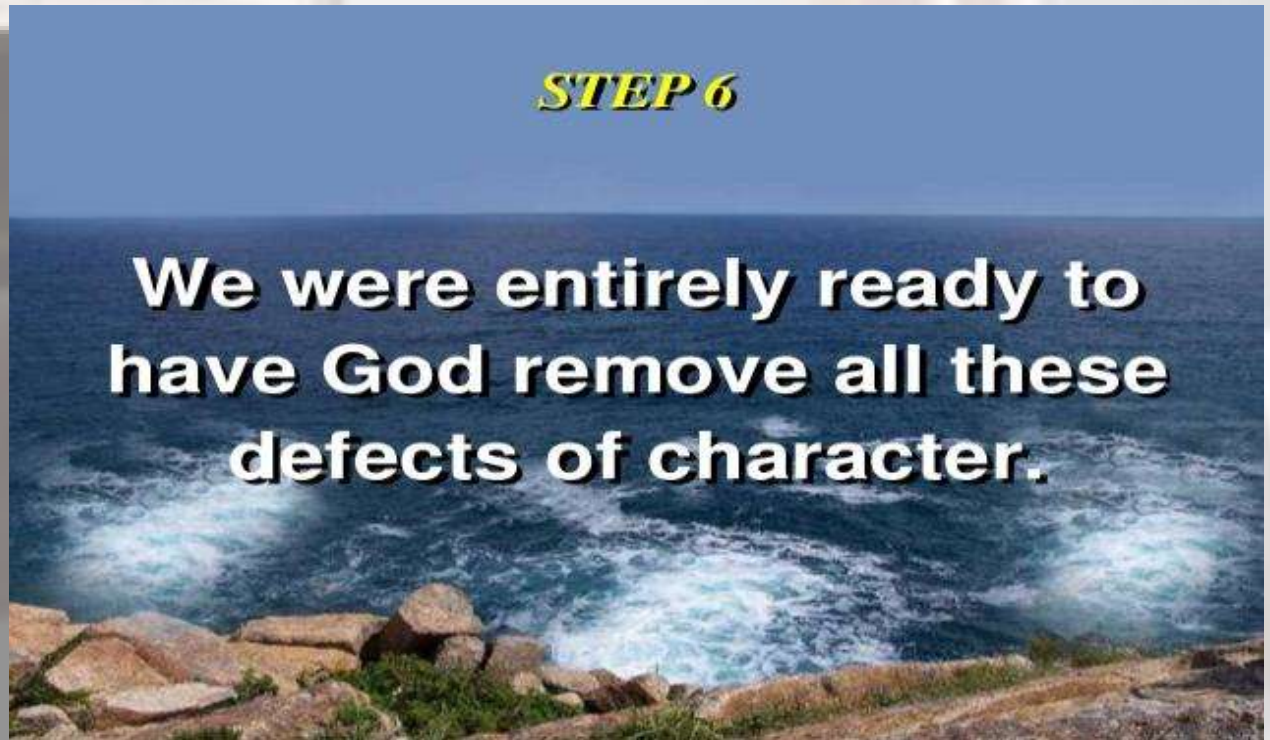
Alcoholics Anonymous AA.Org

Step Six

- *“Were entirely ready to have God remove all these defects of character.”*

STEP 6

**We were entirely ready to
have God remove all these
defects of character.**



Step Six

- **“THIS is the Step that separates the men from the boys.”**
- So declares a well-loved clergyman who happens to be one of A.A.'s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults
- **Without any reservations whatever—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.**

Step Seven

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

Humbly asked Him to remove our shortcomings

”

Alcoholics Anonymous AA.Org

Step Seven

- *“Humbly asked Him to remove our shortcomings.”*

A person wearing a dark, textured hoodie is seen from behind, looking out over a vast, hazy landscape. The scene is dimly lit, with a blueish-grey tone. The person's head is slightly tilted, and they appear to be gazing into the distance. The background shows a wide, flat expanse that could be a field or a plain, with some faint lines suggesting a horizon or distant structures.

“Humbly asked God to remove all these defects of character.”

Step Seven

- **SINCE this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.**
- **Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s**
- **Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all.**

Step Eight

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

Made a list of all persons we had harmed, and became willing to make amends to them all

”

Alcoholics Anonymous AA.Org

Step Eight

- *“Made a list of all persons we had harmed, and became willing to make amends to them all.”*

Made a list of all persons we had harmed, and became willing to make amends to them all.



Step Eight

- **STEPS Eight and Nine are concerned with personal relations.**
- First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

Step Nine

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

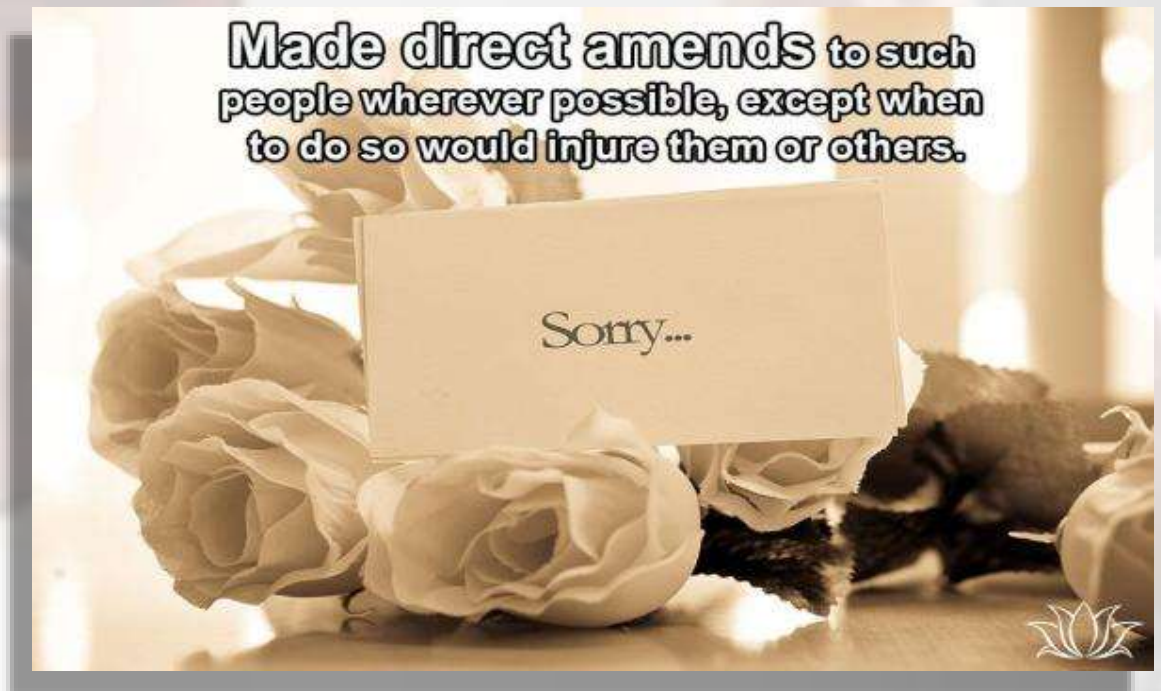
Made direct amends to such people wherever possible, except when to do so would injure them or others

”

Alcoholics Anonymous AA.Org

Step Nine

- *“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*



Step Nine

- **GOOD judgment, a careful sense of timing, courage, and prudence —these are the qualities we shall need when we take Step Nine.**
- After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes

Step Ten

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1

2

3

“

4

5

6

Continued to take personal inventory and when we were wrong promptly admitted it

7

8

9

10

11

12

”

Alcoholics Anonymous AA.Org

Step Ten

- *“Continued to take personal inventory and when we were wrong promptly admitted it.”*

Continued to take personal inventory,
and when we were wrong, promptly
admitted it.



Step Ten

- AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach **Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul.**

Step Eleven

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out

”

Alcoholics Anonymous AA.Org

Step Eleven

- *“Sought through prayer and meditation to improve our conscious contact with God as*
- *we understood Him, praying only for knowledge of His will for us and the power to carry hat out.”*

Step Eleven

Step 11

We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

Step Eleven

- **PRAYER and meditation are our principal means of conscious contact with God.**
- **There is a direct linkage among self-examination, meditation, and prayer.**
- **Taken separately, these practices can bring much relief and benefit.**

Step Twelve

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

”

Alcoholics Anonymous AA.Org

Step Twelve

- *“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”*

Step Twelve

Having had a spiritual awakening as the result of these steps,
we tried to carry this message
to alcoholics, and to practice these principles in all our affairs.



Step Twelve

- **THE joy of living is the theme of A.A.'s Twelfth Step, and action is key word.**



Step Twelve

- **A.A. Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening.**

A.A. Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening.



Alcoholics Anonymous India - Get help for your Drinking Problem

- <http://www.aagsoindia.org/>
- AA India Helpline
- **+91 9022771011**
- GSO India Office +91-8097055134
- [Email-info@aagsoindia.org](mailto:info@aagsoindia.org)

Help lines for Alcohol Deaddiction India

- The central government launched a national toll-free helpline to provide assistance to people dependent on alcohol and drugs.
- **1800-11-0031**
- The helpline will operate from 9.30 a.m. to 6.00 p.m. from Monday to Saturday.

Get Help With Your Drinking Problem

- If you want to speak to someone in your area who has found a solution to the problems they had as a result of their drinking you can call **Alcoholics Anonymous national helpline on 9022771011 / 022-65055134**, to be put in touch with someone locally.
- If you prefer e-mail as a means of contact then feel free to email us at [**info@aagsoindia.org**](mailto:info@aagsoindia.org).

The Story of Alcohol Anonymous

THE DRUNK DOCTOR AND THE DRUNK STOCKBROKER

- **Almost eighty years ago two men, Bill Wilson, an alcoholic, and Dr. Bob Smith, “dually” addicted to both alcohol and barbiturates, faced into the lonely hell of addiction, and realized that trying to will yourself through is deadly, and that connection heals.**

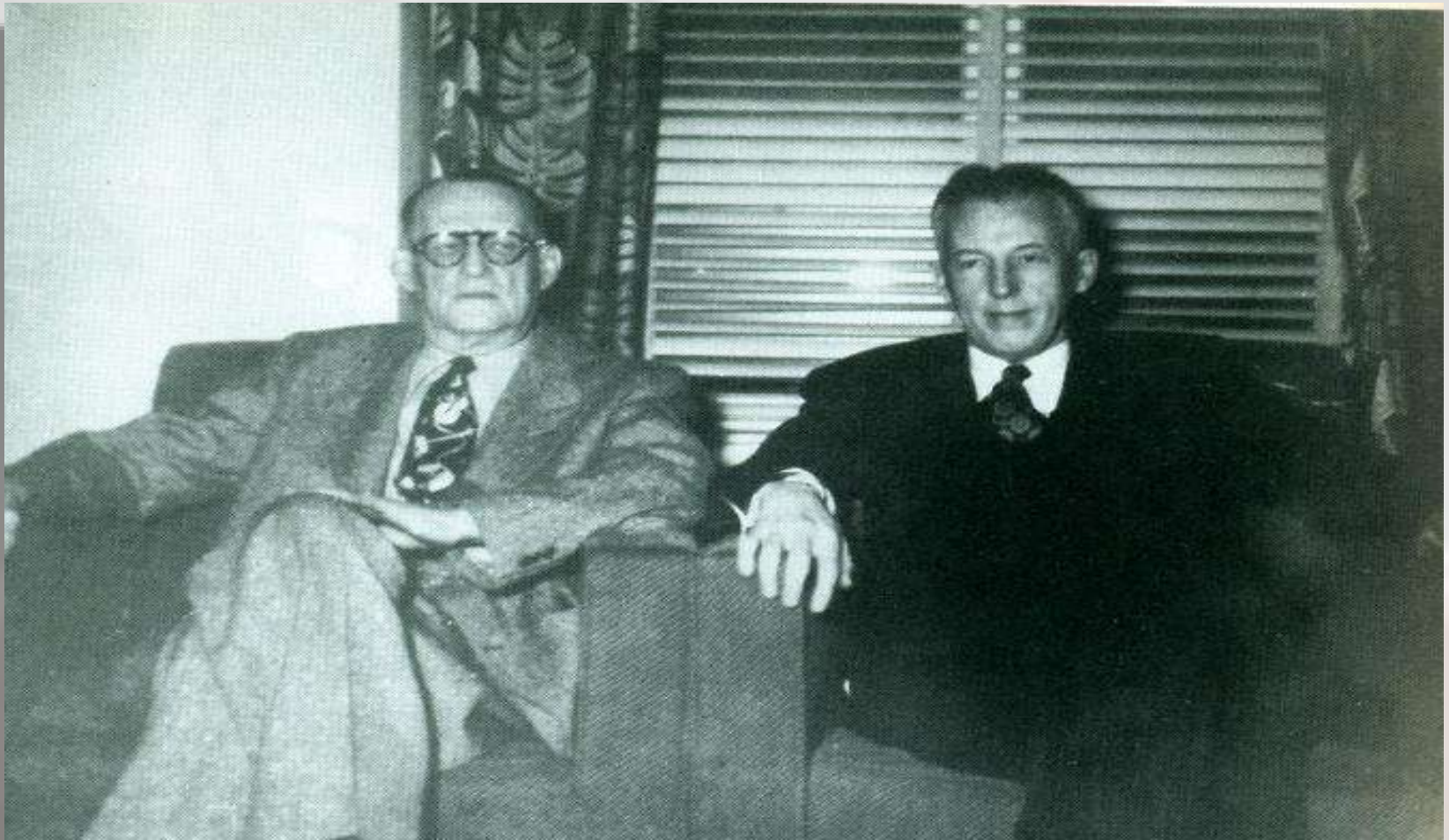
The Story of Alcohol Anonymous

THE DRUNK DOCTOR AND THE DRUNK STOCKBROKER

- **All of the elements of Phillip Hoffman’s tragic journey are in this very first story of finding a treatment for alcoholism: two men on the edge of death, the sudden realization that it was not a “moral failing” but a disease, finding a treatment together, relapsing, and then finding a solid path to sustaining recovery.**

The Story of Alcohol Anonymous

THE DRUNK DOCTOR AND THE DRUNK STOCKBROKER








The Story of Alcohol Anonymous

THE DRUNK DOCTOR AND THE DRUNK STOCKBROKER

- Sometimes the stories of these successful recoveries of the healing power of connection get buried in our self-valuing society.

Honesty, Purity, Unselfishness and Love



Dr. Bob Smith and Bill Wilson

Trust God, Clean House, Help Others

The Story of Alcohol Anonymous

THE DRUNK DOCTOR AND THE DRUNK STOCKBROKER

- In the case of **Alcoholics Anonymous**, the press and media continually cite **Bill Wilson** as that hero, the founder of the original 12-step program that has, arguably, done more than any other treatment to heal alcoholics and other substance abusers.

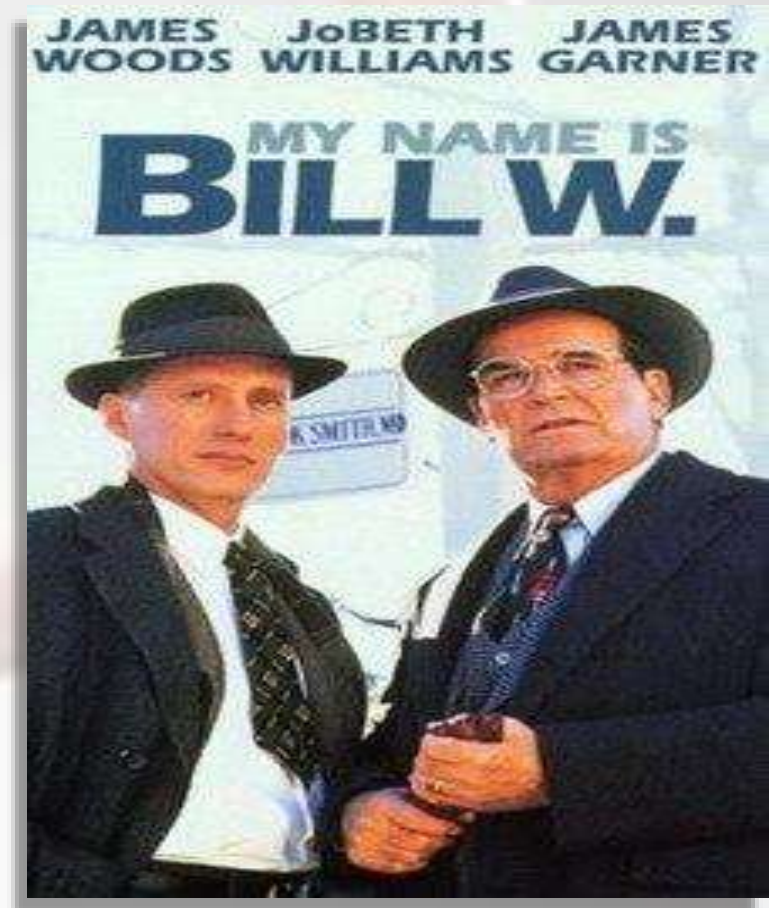
The Story of Alcohol Anonymous

THE DRUNK DOCTOR AND THE DRUNK STOCKBROKER



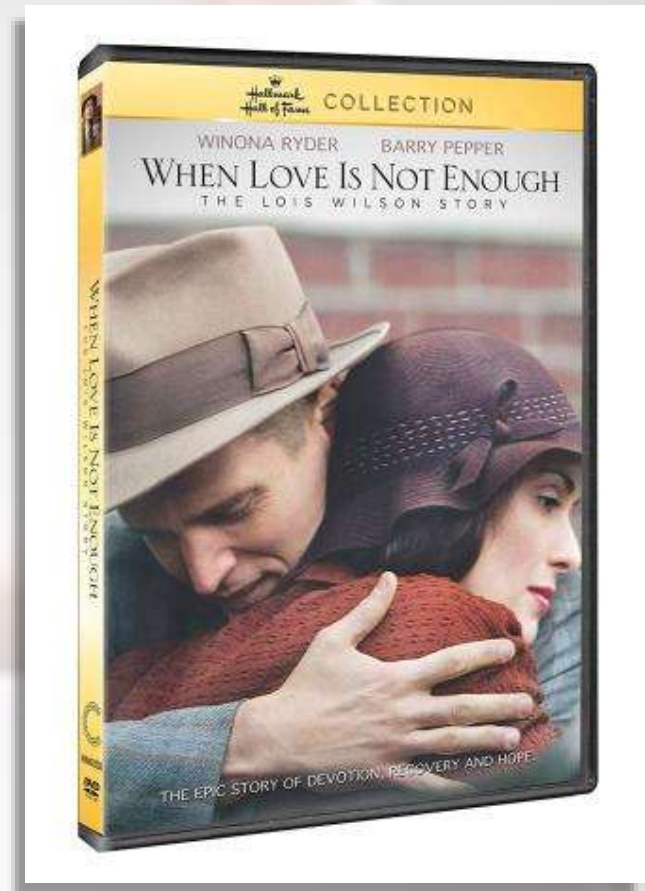
Documentaries / Movies on Alcoholics Anonymous

- *My Name Is Bill W.*
- The true story of stockbroker William Griffith Wilson, a World War I veteran whose small drinking problem becomes a serious addiction after he loses his fortune in the stock market collapse of 1929.



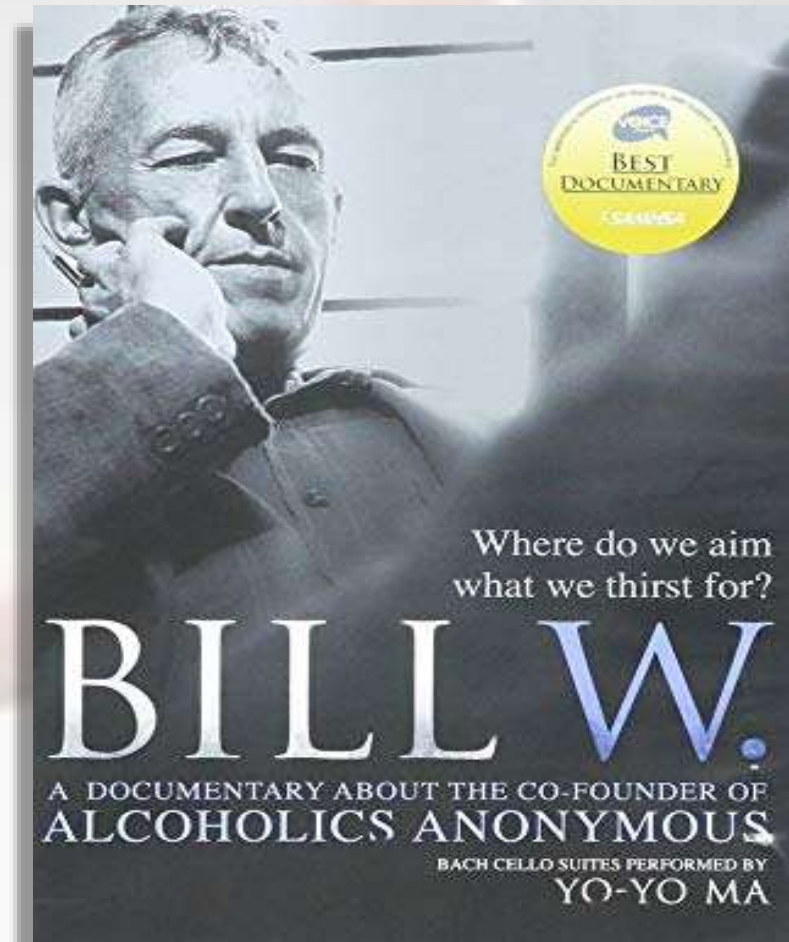
Documentaries / Movies on Alcoholics Anonymous

- *When Love Is Not Enough:*
- *The Lois Wilson Story*
- a 2010 film about the wife of founder Bill Wilson, and the beginnings of Alcoholics Anonymous and Al-Anon



Documentaries / Movies on Alcoholics Anonymous

- *Bill W.*
- a 2011 biographical documentary film that tells the story of Bill Wilson using interviews, recreations, and rare archival material



References

- **Alcoholics Anonymous**
- <https://www.aa.org/>
- **Alcoholics Anonymous India - Get help for your Drinking Problem**
- <http://www.aagsoindia.org/>
- **Alcoholism**
- <https://www.alcohol.org/alcoholism/>
- **Alcoholism Treatment Rehab Centres**
- <https://deaddictioncentres.in/services/alcoholism-treatment/>
- **What is Alcoholism?**
- <https://www.alcoholrehabguide.org/alcohol/>



ALCOHOLICS ANONYMOUS

GETTING YOUR LIFE BACK ON TRACK

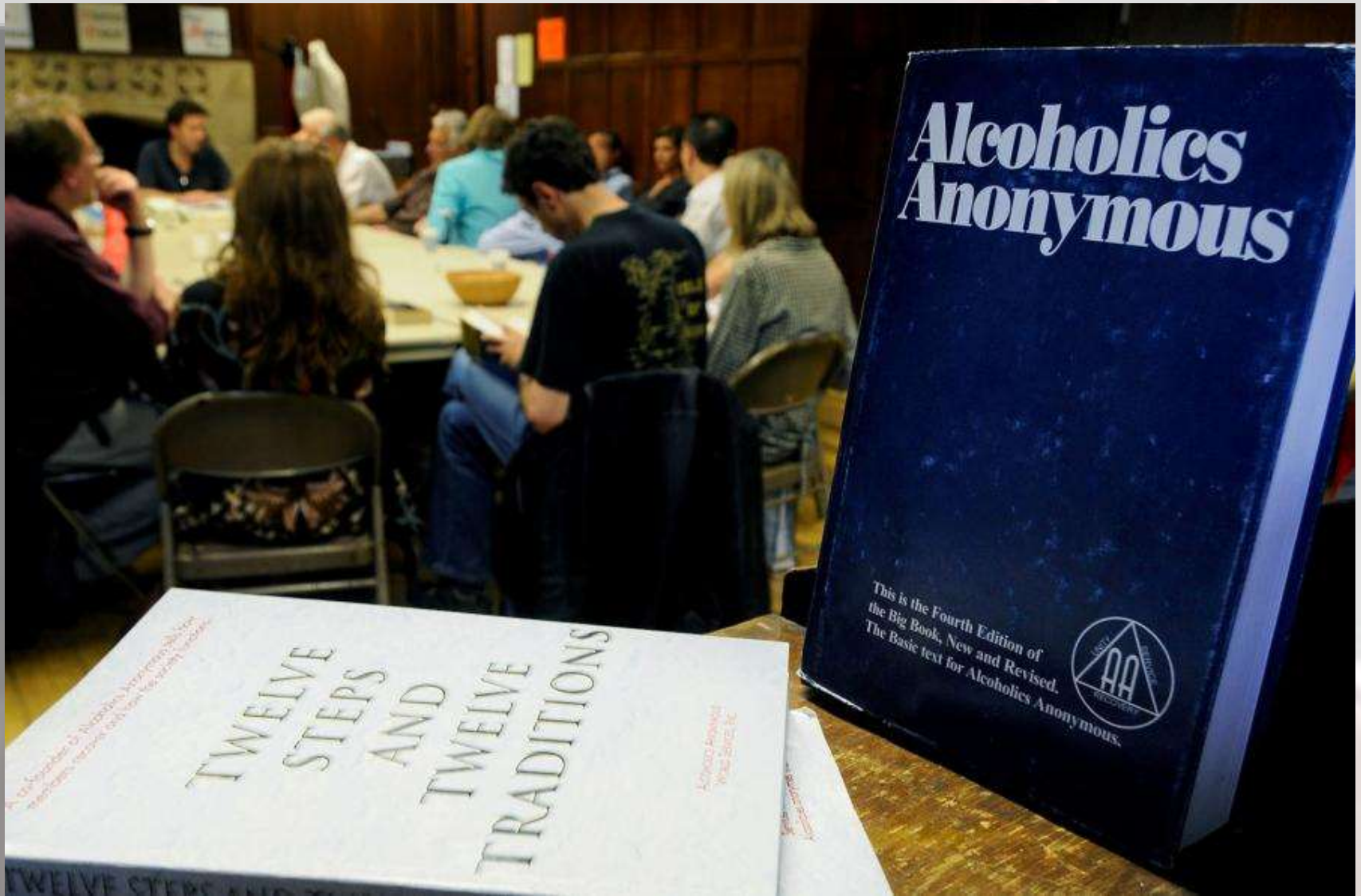
Teetotaler

a person who never drinks alcohol.

Here are the Bollywood stars who don't drink alcohol at all.

- ❖ John Abraham
- ❖ Akshay Kumar.
- ❖ Siddharth Malhotra.
- ❖ Amitabh Bachchan.
- ❖ Abhishek Bachchan.
- ❖ Sonam Kapoor
- ❖ Sunil Shetty
- ❖ Shilpa Shetty.
- ❖ Parineeti Chopra.
- ❖ Bipasha Basu.
- ❖ Sonakshi Sinha





Thanks...



I think a role model is a mentor -
someone you see on a daily basis,
and you learn from them.

— *Denzel Washington* —