

Creating an Amazing Mindset

LESS IS MORE

Too much tech will
Stress your brain.



Balance in Life. Give your Brain a rest!

We have evolved our technology faster than our brains.
Social, TV, Apps and Gaming can be as addictive, similar to drugs.

Take time off from the electronics to relax your mind.



SOBER WORLD

Sober World - Our mission is to create an amazing mindset. We change improper thinking, the real cause of self-harm behaviors. We want to embolden self-respect by empowering self awe. We do this with proven education systems and public marketing messages, to facilitate a healthier evolution.

For more information of how to help. www.SoberWorld.org • [#soberworldorg](https://twitter.com/soberworldorg) • p +01.860.573.0720

Creating an Amazing Mindset

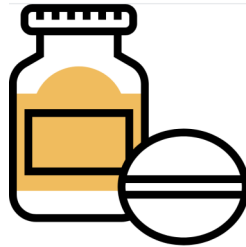
MEDICATIONS

Take Only as needed,
when you feel weak.



Cold Meds

Cough, Fever Sniffles



Aspirin

Joint, Muscle Stress



Alcohol*

Brain Stress, Anxiety

Optimize your Body,
Minimize your medications!

*Alcohol (Ethanol) is a drug. Side effects of excessive use are: cancers (liver, colon and breast), heart problems, depression, addiction, sleep interruptions, birth defects and neurological degradation.



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OWN THE PHONE

Don't let the Phone Own You!



Healthy Time

- Better Relations
- Strong Self Worth
- Healthier Brain
- Sleep Better
- Less Anxiety

Addicted Time

- Unhealthy Relations
- Mental Distractions
- Excessive Dopamine
- Sleep Disruption
- Academic Strain

Cell Phones and the related APPs can be highly addictive, linked to escalated youth depression and suicide.
It's your life, Own it! Stay Educated!



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ETHANOL (Alcohol)

Works best in the Car, Not the Human.



All consumer Alcohol contains diluted Rocket Fuel.
Cancerous to the body, toxic to your brain.
Drink Water for Optimum Performance



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