



LIFE WITH HOPE A return to living through the 12 steps and the 12 traditions of Marijuana Anonymous 12 STEP WORKBOOK

By Marijuana Anonymous

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Is Marijuana addictive? Yes. Over time, over-stimulation of the endocannabinoid system by marijuana use can cause changes in the brain that lead to addiction, a condition in which a person cannot stop using a drug even though it interferes with many aspects of his or her life. It is estimated that 9 percent of people who use marijuana will become dependent on it. The number goes up to about 17 percent in those who start using young (in their teens) and to 25 to 50 percent among daily users. According to the 2013 NSDUH, marijuana accounted for 4.2 million of the estimated 6.9 million Americans dependent on or abusing illicit drugs. This is a 12 step workbook for people who are addicted to Marijuana.

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