

**Dr. Alison**

There are other ways to explore the edge if you're the kind of person who loves to be surprised and explore new things and get dizzy and experience the edge. There are substance-free ways that don't have the legacy with them that comes with using substances. You can go out into the wilderness, you can put yourself in the center of the stage with a large role in a play, you can be on a debate team, you can take a risk with a friend and talk about something intimate and those will all give you the same kind of high that you're after ... they'll all give you that adrenaline rush and the excitement of living which is really the essence of life.