**话题： 人与自我《健康与生活》Writing课后作业**

**Writing**:

Please based on your experiences write a letter of advice to your friend, Jack, who has been addicted to online games for a long time and his study is suffering. In your letter, you should cover the following aspects:

* the bad effects of online games
* give him at least three pieces of advice based on your own experience.

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