

Exercising is the easiest way to have *ENDORPHINES* flood the brain.

Long-distance running, sprints, push-ups... whatever makes the body scream from lactic acid.

And if you consider a drink (alcohol), get angry! Go out in the wilderness and run again, or do those push-ups.

You'll hurt the next day, and the next, but it's a sweet pain till you're back to being your true self.

