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Habits of a Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin, & Endorphins Levels

By Loretta Graziano Breuning

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Habits of a Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin, & Endorphins Levels, Loretta Graziano Breuning, Happiness isn't just an emotion; it's also the byproduct of chemical reactions in the brain. Habits of a Happy Brain will provide simple ways to increase your brain's production of serotonin, dopamine, oxytocin and endorphin--without the use of medication. Featuring easy-to-understand explanations, this guide will detail how these happy chemicals evolved through time as well as how you can build new happiness circuits and retrain your brain to find more gratification. By simply repeating the habits listed within these pages, you will allow the electricity in their brain to flow down a new pathway, making it easier to trigger happy chemicals and enhance feelings of satisfaction. Filled with expert advice and dozens of exercises, Habits of a Happy Brain will show you how to live a happier, more fulfilling life in just 45 days!.



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