



## 35 Tips for a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)

By V Noot

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Make your brain function better and become a happier person! Did you know that a lot of emotions we experience are influenced by levels of oxytocin, serotonin, dopamine and endorphins? If you could get more of those happiness hormones, it certainly would improve your mood and empower your brain, wouldn't it? Then don't wait and download this e-book so you can experience more joy in life by: Creating more happiness hormones Relieving stress Releasing more cuddly feelings Increasing your energy Improving your mood Decreasing your chances of a depression Having more rewarding feelings in what you do Connecting to other people more intimately Keywords: Happiness hormones, happy hormones, relieve stress, relieve stress hormones, reduce stress hormones, increase happy feelings, release cuddly energy, release happy energy, release positive energy, increase in energy, improve your mood, enhance your energy, lower chances of depression, less depression, decrease depression, prevent depression, preventing depression, preventing stress, connect with others, connecting with others, more dopamine, more serotonin, more oxytocin, more endorphins, boost dopamine level. boost endorphins level. boost oxytocin...

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