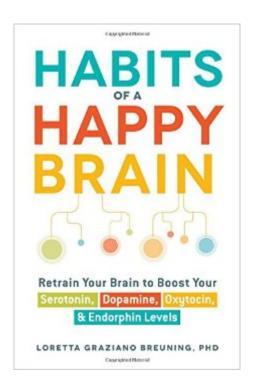
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Habits Of A Happy Brain: Retrain Your Brain To Boost Your Serotonin, Dopamine, Oxytocin, & Endorphin Levels





Synopsis

A revolutionary approach to enhancing your happiness level!Get ready to boost your happiness in just 45 days! Habits of a Happy Brain shows you how to retrain your brain to turn on the chemicals that make you happy. Each page offers simple activities that help you understand the roles of your "happy chemicals"--serotonin, dopamine, oxytocin, and endorphin. You'Il also learn how to build new habits by rerouting the electricity in your brain to flow down a new pathway, making it even easier to trigger these happy chemicals and increase feelings of satisfaction when you need them most. Filled with dozens of exercises that will help your reprogram your brain, Habits of a Happy Brain shows you how to live a happier, healthier life!

Book Information

Paperback: 238 pages

Publisher: Adams Media; 1 edition (December 16, 2015)

Language: English

ISBN-10: 1440590508

ISBN-13: 978-1440590504

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â See all reviews (84 customer reviews)

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Customer Reviews

Loretta Graziano Breuning, PhD, is the founder of the Inner Mammal Institute, which provides resources that help people rewire their mammalian neurochemistry. She's Professor Emerita at California State University, East Bay, and author of Beyond Cynical and I, Mammal. She also writes the blog Your Neurochemical Self: Getting real with a 200-million-year-old brain on PsychologyToday.com. She has been interviewed on NPR, The Matt Townsend Show, and the Askaltucher podcast, and her work been featured in Psychologies and Real Simple magazines.

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