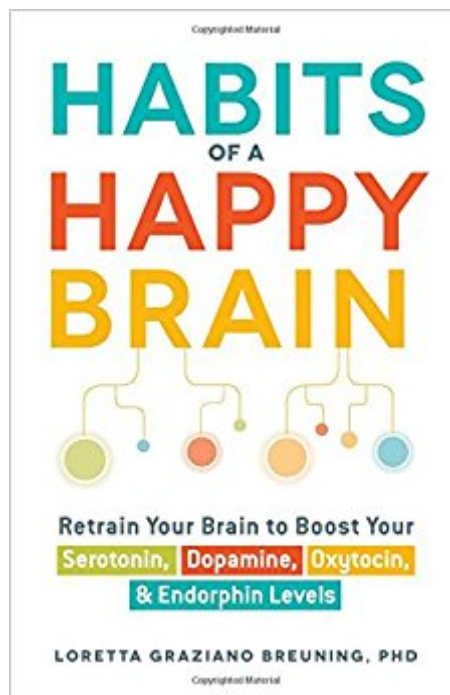


The book was found

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'll 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

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Average Customer Review: 4.9 out of 5 stars [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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Habits of a Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin, & Endorphin Levels Habits: How to Develop Strong, Positive Habits Into Your Life for Long Lasting

Change (Habits, Daily Routines, Exercise Habits, Habit Stacking, Mindset) Better Living Through Neurochemistry - A guide to the optimization of serotonin, dopamine and the neurotransmitters that color your world 5-HTP: The Natural Way to Boost Serotonin and Overcome Depression, Obesity, and Insomnia Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Kratom Potent Plant: Relieve Anxiety, Boost Energy Levels, Enhance Sex!!! (Kratom, Anxiety Relief, Mental Relaxation Book 1) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Dopamine Receptors and Transporters: Function, Imaging and Clinical Implication, Second Edition (Neurological Disease & Therapy) (v. 56) Dopamine Receptor Sub-Types: From Basic Sciences to Clinical Applications (Biomedical and Health Research, Vol. 19) (Biomedical and Health Research, V. 19) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Serotonin: From Cell Biology to Pharmacology and Therapeutics Serotonin in Antipsychotic Treatment: Mechanisms and Clinical Practice (Medical Psychiatry Series) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook