

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

By Loretta Graziano Breuning

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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!

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Editorial Review

About the Author

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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