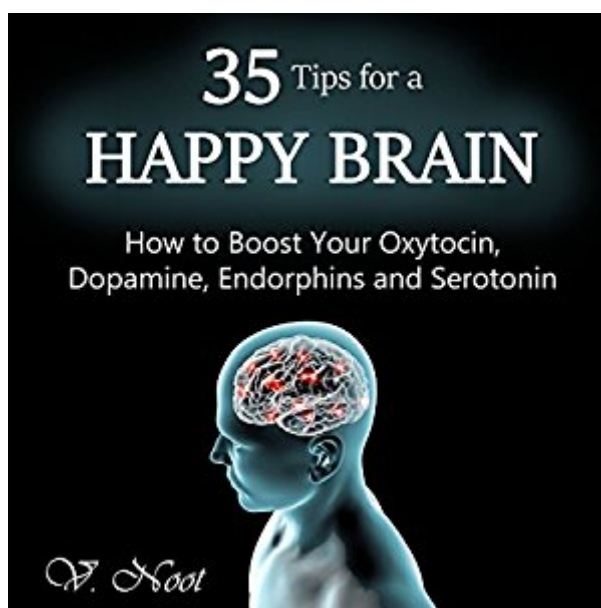


The book was found

35 Tips For A Happy Brain: How To Boost Your Oxytocin, Dopamine, Endorphins, And Serotonin



Synopsis

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? With this audiobook, you'll learn to 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 depression Having more rewarding feelings in what you do Connecting to other people more intimately

Book Information

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Customer Reviews

I've had mood problems for most of my life. The info in this book has really helped me....now I have an understanding of what's going on in my brain and why my sad or angry feelings are often very predictable. I would recommend this to anybody who wants a calmer, more consistent emotional life.

Very useful information, written by someone who is apparently an amateur. Nevertheless, it helped me to organize disparate information about the biochemistry of happiness, information that is hard to find in one place. I took the seemingly random suggestions and put them in a Word document, organized by chakra, and suddenly the author's suggestions became an understandable program for a happy life. These suggestions touch every level: the physical (exercise), the intimate relationship, the appetitive (food and supplements), the emotional, the expressive, the mental, and

the spiritual. The price for the paperback version is outrageous: \$43 for a book that looks like it would be under 30 pages in print, a pamphlet in truth. I purchased it in Kindle format for about \$6, and the price is right.

I felt that this eBook was very well-written, was professionally structured, and very informative and descriptive. The information about the dopamine, oxytocin and serotonin and tips on how to boost your brain's production of these chemicals was good advice. It keeps you engaged and wanting to read more, even if this is not your type of niche. It's the kind of eBook that makes you feel a little bit smarter after you read it. The only reason I gave it a 4 instead of a 5 was a couple things were a little over the top like the implication that drinking coffee destroys your brain, lol. I feel like a lot of people are going to see that as more of an exaggerated opinion than an actual scientific fact. Overall, it's a really good read.

This is a really short book, but was useful for introducing my young adult daughter to the chemistry of emotional problems. It's packed with good lay-person information, touching lightly on brain hormones, natural ways that trigger them, and briefly on medications that are used. But it did not go into great depth. We both read the book in a couple of hours, or less.

I loved how accessible this information was, because the book is a no-nonsense, quick read. It is clearly laid out into categories, with links to further reading on individual topics. My only criticism is that at times the prose lapses into an amateurish, conversational tone that made me wonder about the maturity of the author. Could have used a critical editor to enhance the air of credibility. But overall, I did find the tips to be very helpful!

Great read for anyone wanting to keep their brain healthy, it has some good information without going into pages of boring writing just to fill a book and trying to blind you with science I would recommend it for everyone to read..

Hmmm, still hoping to find there is anything useful for beating depression? This very quick overview of real biological factors behind our depression just may invigorate your hope and pursuit of doing something about it. I've picked up renewed impetus to try applying the facts briefly presented in this tiny book. The author gives a quick run over the substances and physiology known to be causal to the depressive state and that you can manipulate. And, there are some things you can be doing about

it!Hmmm, perhaps I don't have to be a helpless sufferer from depression, after all. I'm going to start trying these food additives and behavior additives myself.

This is an interesting book describing some chemicals that influence the brain to a large extent. Neurotransmitters and hormones are identified to change our moods to the better side of things. - If they are missing the result is also obvious and can lead even to depression or to unsocial behaviour. I can recommend the book to all those, who are interested in how the brain functions.

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Happy Brain: 35 Tips to 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) 35 Tips for a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin Adrenal Fatigue Diet: Reset your Energy, Balance your Hormones and Boost your Serotonin, Dopamine and Oxytocin Better Living Through Neurochemistry - A guide to the optimization of serotonin, dopamine and the neurotransmitters that color your world This Is My Brain on Endorphins: How I Got Fit, Healthier, and Happier (And You Can, Too) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power 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 Top Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today: (Special 2 In 1 Exclusive Edition) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adrenal Reset Diet Book 1) Brain Training Exercises to Boost Brain Power: for Improved Memory, Focus and Cognitive Function The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, and Achieve Optimal Health 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 Oxytocin, Vasopressin and Related Peptides in the Regulation of Behavior Happy, Happy, Happy: My Life and Legacy as the Duck Commander Healthy Healing: A Guide to Working Out Grief Using the Power of Exercise and Endorphins Chicken Soup for the Soul: Runners: 101 Inspirational Stories of Energy,

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