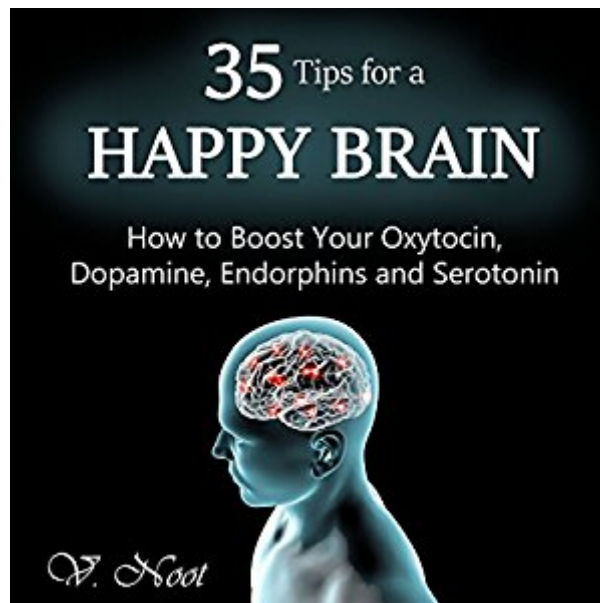




The book was found

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

Audible Audio Edition

Listening Length: 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: V. Noot

Audible.com Release Date: September 15, 2015

Language: English

ASIN: B015F0BOYU

Best Sellers Rank: #86 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System](#) #627 in [Books > Audible Audiobooks > Science > Medicine](#) #999 in [Books > Medical Books > Medicine > Internal Medicine > Neurology > Neuroscience](#)

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 is something 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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