

35 Tips for a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin

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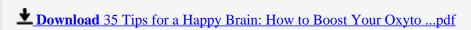
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Make your brain function better and become a happier person!

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



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Sandra Vincent:

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Eric Hodges:

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