

[PDF] Meet Your Happy Chemicals: Dopamine, Endorphin, Oxytocin, Serotonin

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Books Details:

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Description:

Review

- "The particular wisdom of the book is its ability to distinguish each of the four happiness chemicals, provide examples for when they are released, and how we can build new happiness circuits.... Here is where Dr. Breuning's narrative really shines." - *Synchronized Chaos*
- "This was the most interesting brain chemistry book I have ever read. With a perfect combination of personal experience, scientific facts, & relationships to the creatures in nature- **I was hooked**. The author, Loretta Graziano Breuning PhD, knows how to entertain a reader. She knew exactly how to break things down so that we could all relate to (and understand)

what she was saying. If you would like to get more from your happy chemicals, create a new happy pathway, or just improve your thoughts and feelings, this is a book that you will want to check out." -Mommiesblog2011.blogspot.com

- "The issue for those who want to create leaders rather than attract followers, and give control, rather than take control, will be that their instincts will signal it's the wrong thing to do. Fortunately, Dr. Breuning explains how we can rewire our brains. Ultimately the cortex gives us the deliberateness to be in control, not our instincts." -*Leader-leader.com*

About the Author Loretta Graziano Breuning, PhD is author of *I, Mammal, and Your Neurochemical Self* blog on Psychology Today. She's Professor Emerita of Management at California State University, East Bay, and a docent at the Oakland Zoo. She spent a year in Africa as a United Nations Volunteer, and has lectured worldwide on resisting corruption. She's a graduate of Cornell University and Tufts, and the mother of two tax-paying adults. Check out her websites: MeetYourHappyChemicals.com, imammalthebook.com, and systemintegritypress.com.

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