



Retrain Your Brain to Boost Your
Serotonin, Dopamine, Oxytocin,
& Endorphin Levels

LORETTA GRAZIANO BREUNING, PHD

Habits Of A Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin, & Endorphin Levels

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!

Habits Of A Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin, & Endorphin Levels Details

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Denis Vasilev says

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Maria says

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Entisar Radhi says

Silje says

So I guess I got another selfhelp book even if I promised not to... However, this must be the most no-

nonsense happiness guide ever written! There is absolutely no spirituality, neither psychotherapeutic theory and complicated case histories nor poetry in here, just plain description of four hormones and how they work in a layman's language. To me obviously, this became at times rather boring read. However, I will recommend this book to anyone of a more "rationalist" inclination than myself. This is as down to earth as it can get! Bullet points and all, with small exercise with lines to write included at the end of each chapter. Actually, I think the whole book would fit into a power point presentation. Enjoy. It could be as simple as this.

Timofey Peters says

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Elliedakota says

I am very familiar with neurons and neurotransmitters, it being a significant part of my job to lecture about them. However, relating them to behavior is more challenging. This book is practical and clear in that regard. I highlighted at least one passage on nearly every page.

The Serendipity Aegis ~ ?Misericordia? ?????? ✨*♥* says

Nifty serotonin, dopamine, oxytocin & endorphins regulation tricks. Highly recommended.

Juli says

This book was exceptional in both enjoyability and usefulness.

The author, Loretta Graziano Breuning, has a smooth writing style that makes learning about neurochemistry fun and easy. She introduces you to each of the hormones of happiness, explains how they work, and guides you in establishing new habits that will release each one.

Breuning also has a gift for helping you understand that, in some ways, your brain is dependent on these hits, and will operate to get them (one way or another). She refers to your “inner mammal” and its needs. It’s not a fault in your personality that you crave these things, but — knowing that you do — wouldn’t you want to ensure you’re getting your hits from the best possible sources? Those that help you become the person you want to be, rather than following an already-beaten path in your brain which keeps you repeating habits you’d like to avoid?

Along with explanations of what each chemical does and how it’s stimulated, Breuning provides exercises along the way that get you thinking about how you can apply what you’re learning in your own life. Although I have a bad tendency to skip past exercises in books at times, my curiosity was piqued by these, and I felt they were quite insightful. I have already implemented one of the strategies I derived from these exercises, with surprising success.

Read my takeaways from each of the four happy chemicals.

Diane Holcomb says

I've read several books on rewiring the brain to overcome anxiety and depression by changing our thoughts, and goodness knows there's a plethora of books on happiness. So I was pleased to discover a new angle on both subjects.

Imagine being able to train your brain to switch on happy chemicals that increase your feelings of well-being. Wouldn't that be a nifty trick? Well, it turns out you can!

Your brain has a big job to do: ensuring your survival. When it sees something good for you, it shoots out those feel-good chemicals: dopamine, endorphin, oxytocin, and serotonin. But darn it all, they don't last. They fizzle out and turn off. And once again, the brain is back to scanning the environment for danger.

So how do we keep more of those feel-good chemicals active? This book explains the process. The author takes the reader through an explanation of how and why the mammal brain works the way it does, why it creates unhappiness, how new experiences stimulate the happy guys, and how to rewire the brain through 45 days of new habits.

But first, you need to know which chemical you're lacking. Is it dopamine, that motivates you to get what you need? Is it endorphin, that allows you to ignore pain? Is it Oxytocin, that enables you to trust others and find safety in companionship? Or is it Serotonin, which motivates you to get respect? Once you know, you

can use the tools in this book to balance and easily access all four chemicals.

I find this approach refreshing, uplifting, and quite doable. Check it out if you're looking for a fresh take on happiness and neuroscience.

Tomas Laurinavicius says

We have mammalian brain that is designed to seek survival. We're not meant to be happy but understanding emotional chemicals can help us become happier. Understanding serotonin, dopamine, oxytocin and endorphin will explain why it's natural to have emotional ups and downs. The author explains how to use habit theory to rewire our brain and produce happiness from within.

Pavel Annenkov says

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Brian Jones says

This book is a great guide to building better habits. New habits are hard to create, but not impossible to create. As the author shows, what is needed is reinforcement through repetition and emotion.

The book does an excellent job of explaining what drives behavior, and how to control it with happy habits. There are numerous exercises throughout the book to help you understand and create new habits. Included are tools to train your brain plus practical suggestions.

The author also provides valuable resources to learn more about specific topics covered in the book.

As the author says, you are ultimately responsible for your own happiness. This book is your guide to creating happy habits to make your life better.

Matt says

Habits of a Happy Brain purports to assist readers with enhancing their happiness through neuroscience. Breuning advocates the cultivation of neural "circuits" that favor the dispersion of your "happy" chemicals, namely serotonin, oxytocin, endorphin, and dopamine.

Breuning provides the reader a basic, comprehensible primer to the neuroscience of "happiness." Readers will come away from Habits of a Happy Brain understanding what dopamine is and what it does, how neural "circuits" are formed, and so on.

That said, the book is almost too basic. Some of Breuning's advice (for instance, managing expectations) is merely common sense, even if it has "scientific" justification. The exercises presented throughout the chapters are vague, a few steps with little elaboration or even goals to guide the reader. And, really, the "retraining" Breuning describes could be boiled down to one chapter; the rest of the book is background or filler.

Interested readers are encouraged to borrow Breuning's book from the library or look elsewhere, depending on their goals (e.g., greater understanding of the neuroscience of happiness/habit or practical means of developing "happy" habits).

Rachel Bayles says

Excellent. Takes everything you know about evolution, and applies it to your daily life.

Artyom Morozov says

This book, highly rated by multiple reviewers, to me came as a huge disappointment. The text is pseudo-scientific, devoid of real ideas or deep understanding of human behavior.

The author claims to explain our behavior from evolutionary and hormonal points of view, and to propose an effective algorithm to change unwanted patterns of behavior. I think she does a poor job on these fronts. The book's explanatory part can be summed up as follows: "we behave a certain way because we evolved to behave that way" and "that's that motivates our behavior". The author wraps up two basic - and productive - ideas in sciency terms (while I doubt she gets the science right): (1) we associate certain situations with our past experience - whether good or bad - and thus choose to behave in certain way, usually determined by our past experience; and (2) we have positive expectations, and we feel bad when these are not met.

I fail to see how adding scientism to clumsy presentation of these ideas could build real understanding of human behavior or how it can lead to any practical change. Neither repeating the same mantra about evolution and hormones for a hundred times (I do not exaggerate) could help it.

To sum up, I would place this book to mediocre self-help category, instead of popular science, where it tries to place itself.

