



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. **Habits of happy brain summary** Filled with dozens of exercises that will help you 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\*\*\* I received this book for free through Goodreads First Reads \*\*\*\*\* The Giveaway was Listed By Loretta (the author) \*\*\* I received my copy on Mon Jun 18 2012 \*THANK YOU GOODREADS FIRST READS AND LORETTA! First off I would like to note that 3 stars does in fact mean I liked it. **Habits of a happy brain review** Also I spent a year and a half of my early college education on eight different psychology classes and a number of philosophy classes so I had a good base knowledge of brain chemistry and different ideas of thought going into this book. **Habits of a Happy brainfuse login** I found it really hard to break into this book but I was determined to fight through it because I did after all win the book and the whole point was to read it and give a review. **Habits of a Happy brainfuse** During the Introduction though I kept wondering if the author's intention was a book along the lines of Brain Chemistry For Dummies or a self-help book that only those educated in biological psychology would be able to make work for them. **Habits of happy brain review** As I worked through this mental block to the book though I did find a good refresher to the psychology classes I took so long ago as well as some new ways of looking at that information. **Habits of a happy brain review** In fact I got the wild idea in my head that if this book was offered as supplemental learning in a high school biology life science or psychology class these kids would be walking out of that class with some very good ways to put what they are learning about the subjects to use in their own lives. **Habits of a happy brain review** Loretta Graziano Breuning This book is self-published (through Breuning's own institute) her explanation of neurotransmitters is simplistic and assumes that we know more about how the brain works than we actually do and she has no medical or scientific background (her PhD is not in the sciences and she's a professor of management). **Habits of happy brain summary** This is literally a case of someone reading a few books and articles about a topic she has no expertise in taking notes and then padding those notes with self-help jargon and calling it a book . **Habits of a Happy brainchild** 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. **Habits of a happy brain review** Loretta Graziano Breuning 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. **Habits of happy brain audiobook free** 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. **Habits of a happy brain review** 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: **Habits of happy brain pdf download** You're probably better off with listening to an Andrew Huberman podcast instead. **Habits of a Happy brainfuse** Loretta Graziano Breuning This book.

## **Habits of a happy brain summary**

Based on her book Grease less: How the Thrive without Bribes in Developing Countries, **Habits of a happy brain review** Breuning loves to help people discover their power over their mammalian operating system: **Habits of happy brain pdf download** The text is pseudo-scientific devoid of real ideas or deep understanding of human behavior: **Habits of a Happy brainfuse login** 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, **Habits of a Happy brainchild** 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. **Habits of a Happy brainchild** 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: **Habits of a Happy brainfuse login** Neither repeating the same mantra about evolution and hormones for a hundred times (I do not exaggerate) could help it. **Habits of a happy brain pdf download** To sum up I would place this book to mediocre self-help category instead of popular science where it tries to place itself: **Habits of happy brain pdf download** Надо понять что вызывает появление в организме гормонов счастья и завести привычки для их выработки. **Habits of a Happy brainfuse** В книге детально описано как такие привычки приобрести: **Habits of a happy brain review** Автор еще затронула саму психологическую проблему достижения человеком счастья в современном мира. **Habits of a happy brain pdf download** As Professor of Management at California State University and as a mom she lost faith in the theory that happiness is our natural default state, **Habits of a happy brain review** By studying animals she learned that unhappiness is part of our survival system and happiness is a learned skill, **Habits of happy brain summary** She retired from teaching to build alternatives to the disease based view of the brain, **Habits of a happy brain review** Breuning wrote five books on making peace with your inner mammal and writes the "Your Neurochemical Self" blog on PsychologyToday, **Habits of a happy brain pdf** She gives tours on mammalian social behavior at the Oakland Zoo where she trained as a docent: **Habits of a happy brain summary** And she marvels Loretta Graziano Breuning PhD is founder of the Inner Mammal Institute which helps people find their power over their mammalian brain chemicals, **Habits of a happy brain pdf download** As Professor of Management at California State University and as a mom she lost faith in the theory that happiness is our natural default state: **Habits of happy brain audiobook free** By studying animals she learned that unhappiness is part of our survival system and happiness is a learned skill. **Habits of a Happy brainfuse** She retired from teaching to build alternatives to the disease based view of the brain: **Habits of a Happy brainfuse login** Breuning wrote five books on making peace with your inner mammal and writes the "Your Neurochemical Self" blog on PsychologyToday, **Habits of a happy brain review** She gives tours on mammalian social behavior at the Oakland Zoo where she trained as a docent, **Habits of happy brain summary** And she marvels every day at the overlap between a wildlife documentary and the lyrics to a country western song: **Habits of happy brain audiobook free** Loretta spent a year in Africa as a United Nations Volunteer after graduating from Cornell University and Tufts: **Habits of a Happy brainfuse login** She lectured worldwide on resisting corruption pressures dopamine oxytocin and endorphin, **Habits of happy brain pdf download** That being said the tone of the book never helped me make the leap from 3 stars to anything higher: **Habits of a Happy brainchild** There was also the constant barrage of Don't worry be happy You can't make other people happy and Just think happy thoughts messages that got old really quick, **Habits of happy brain summary** For someone seeking out a self-help book Just be happy is likely not going to work for them they've heard it before, **Habits of a happy brain pdf** I was able pull benefits from the book though and I think a younger audience would be ideal for it. **Habits of a Happy brainfuse** In fact I may offer it to my home-schooled daughter when we start covering biology and brain chemistry. **Habits of a Happy brainfuse** Another thing I liked about the book was that it didn't offer false claims like change your life in a week. **Habits of happy brain review** It was honest in the fact that the brain takes time and concentrated effort to change. **Habits of a Happy brainfuse** Forty-five days is the amount of time the author suggests that it takes to form better habits. **Habits of a Happy brainfuse** certain bits are interesting and of course there's some truth to what she's saying but I was very disappointed overall, **Habits of a happy brain pdf** Loretta Graziano Breuning So I guess I got another selfhelp book even if I promised not to. **Habits of happy brain summary** However I will recommend this book to anyone of a more rationalist inclination than myself, **Habits of a happy brain review** 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: **Habits of a happy brain summary** Actually I think the whole book

would fit into a power point presentation, **Habits of happy brain summary** So I was pleased to discover a new angle on both subjects. **Habits of a Happy brainfuse** Imagine being able to train your brain to switch on happy chemicals that increase your feelings of well-being, **Habits of a happy brain review** Wouldn't that be a nifty trick? Well it turns out you can! Your brain has a big job to do: ensuring your survival. **Habits of a Happy brainchild** When it sees something good for you it shoots out those feel-good chemicals: dopamine endorphin oxytocin and serotonin: **Habits of a happy brain summary** And once again the brain is back to scanning the environment for danger. **Habits of a Happy brainchild** So how do we keep more of those feel-good chemicals active? This book explains the process: **Habits of happy brain audiobook free** Check it out if you're looking for a fresh take on happiness and neuroscience: **Habits of happy brain summary** Loretta Graziano Breuning Interesting book about how the mammalian brain works especially the human brain. **Habits of a Happy brainfuse** It explains how the hormones work and how to increase your dopamine serotonin endorphin and oxytocin levels. **Habits of a Happy brainfuse** There`s a summary at the end of each chapter that is really helpful[1]

Oxytocin & endorphins regulation tricks. Highly recommended."Dr. Many free resources are available at {site\_link} [www.InnerMammalInstitute.org](http://www.InnerMammalInstitute.org). I think she does a poor job on these fronts. Dr.com. Dr.com.That being said. I always felt like the author was talking to a child. To me obviously this became at times rather boring read. Enjoy. It could be as simple as this. But darn it all they don't last. They fizzle out and turn off. But first you need to know which chemical you're lacking. I find this approach refreshing uplifting and quite doable.Our brain is weird and fascinating. I love learning about the ``whys`` of our basic behaviors. Loretta Graziano Breuning.