



Meet Your Happy Chemicals: Dopamine, Endorphin, Oxytocin, Serotonin

By Loretta Graziano Breuning

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Editorial Review

About the Author

Loretta Graziano Breuning, PhD is Professor Emerita at California State University, East Bay, and a docent at the Oakland Zoo. She founded the Inner Mammal Institute to help people make peace with their mammalian brain chemicals. Dr. Breuning is author of *Beyond Cynical*, and *I, Mammal*, as well as the Psychology Today blog, "Your Neurochemical Self." 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.

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Luke Palmieri:

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proficiency in writing, they also doing some study before they write on their book. One of them is this Meet Your Happy Chemicals: Dopamine, Endorphin, Oxytocin, Serotonin.

Martin Hanson:

Spent a free time for you to be fun activity to complete! A lot of people spent their down time with their family, or their very own friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the reserve untitled Meet Your Happy Chemicals: Dopamine, Endorphin, Oxytocin, Serotonin can be very good book to read. May be it is usually best activity to you.

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