

HIGH ON LIFE

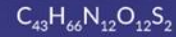
SIX SUBSTANCES THAT CHANGES YOUR LIFE

DOPAMINE



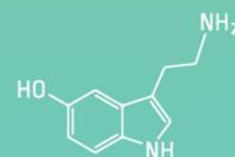
EMOTIONAL WHY'S
MOMENTUM
VISION BOARD
COLD EXPOSURE
DOPAMINE STABILITY
DOPAMINE STACKING
PERIODIC DOPAMINE
INTERNAL VS EXTERNAL
ANTICIPATION
SOCIALIZE
BOOKS
MOVIES
PICTURES
SEX
EXERCISE
MEDITATION
MEMORIES

OXYTOCIN



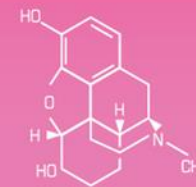
HUGS
BODY CONTACT
EYE CONTACT
GOOD SEX
WARMTH
COLDNESS
GENEROSITY
RELAXING MUSIC
EMPATHY
BEING THANKFUL
HO'OPONOPONO
BOOKS
MOVIES
PICTURES
MEDITATION
MEMORIES

SEROTONIN



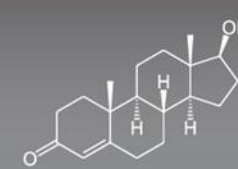
SATISFACTION
DAYLIGHT
DIET
MINDFULNESS
REDUCE INFLAMMATION
MEDITATION
SEX
SOCIAL STATUS
SMILE
LAUGH
EXERCISE
MEMORIES

ENDORPHINS



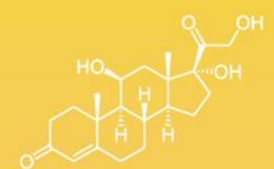
SMILE
LAUGH
SPICY FOOD
EXERCISE
MUSIC
CHOCOLATE
DANCING
MOVIES
PICTURES
SEX
MEMORIES

TESTOSTERONE



WINS
BELIEF IN VICTORY
MUSIC
BUILDING MUSCLE
AGGRESSION
SPORTS
MOVIES
PICTURES
SEX
EXERCISE
MEMORIES

CORTISOL



RELAXATION
MEDITATION
REDUCE WORRIES
STRESS MAPPING
OXYTOCIN
REDUCE INFLAMMATION
EXERCISE
BREATHING EXERCISE
CHANGE PERSPECTIVE
DOPAMINE VS CORTISOL
BREAK THE PATTERN
FALSE TRUTHS
CONTRADICTIONARY TRUTHS
SEX
MEMORIES