



Drugs are the Answer! Daily Dose of Endorphins

April 14, 2017 Tony Abbattine

The type you manufacture yourself in your brain. The wonder drug of all time. Endorphins are the body's natural opiates that reduces stress and enhances pleasure.

Here's how you get this feel-good drug to **take your day from *blah* to WOW!**...

- 1. Sing or listen to music.** Great tunes and a sing along will kick start the chemicals!
- 2. Get off your butt** and sweat or at least jump start the cardio. Endorphins will find you if you exercise!
- 3. Smile.** Full body smiles not the smirk fake smile you give when you see someone you can't stand but need to be two faced to keep peace! Smiles that come from the heart and show up in your eyes and mouth will give you a nice dose of endorphins!
- 4. Laugh.** Belly aching laughter is best but a real series of giggles will send the right message to your brain it's time for a squirt of the wonder drug.

Athletes, artists, surgeons, no matter the profession or task, **use "endorphins" to get to "happy land"** more often.

Drugs and hugs, your weapons for the day!