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Adrenaline Junkies and Serotonin Seekers: Balance Your Brain Chemistry to Maximize Energy, Stamina, Mental Sharpness, and Emotional Well-Being

Matt Church

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This handy little book shows how easy it is to tap into the natural "drug store" in one's body - containing adrenaline, serotonin, cortisol, melatonin, and insulin - and activate internal feel-good chemistry.

Adrenaline Junkies and Serotonin Seekers details the common chemical imbalances that can make people feel depressed, anxious, or exhausted. Charts and illustrations are combined with jargon-free text to explain the science behind body chemistry so people can easily identify their personal chemical profiles.

The book offers specific programs to counter the imbalances. By applying proper sleep patterns, diet variations, exercise regimens, mental exercises, and stress controls for their specific chemical profile, readers will be able to gain control of their body and emotions and begin performing at their peak level every day.

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