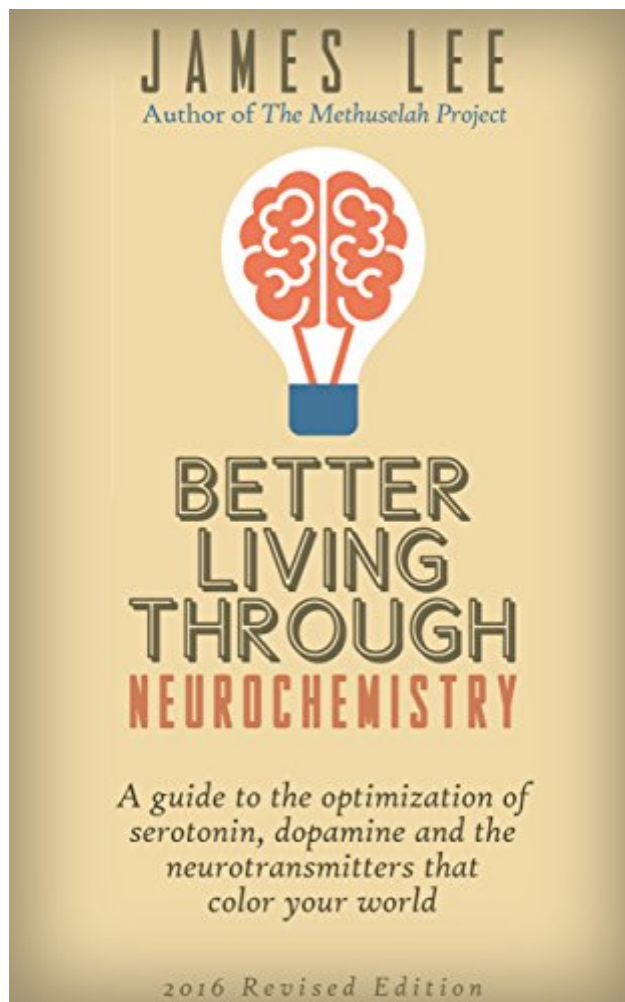


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# Better Living Through Neurochemistry - A Guide To The Optimization Of Serotonin, Dopamine And The Neurotransmitters That Color Your World





## Synopsis

In brain science, there are two phenomena which are becoming increasingly common in modern society. Firstly, rates of depression and anxiety disorders are increasing, with as many as one in five people either clinically depressed or anxious at any given time. Secondly, our aging population is revealing a range of cognitive problems associated with aging, including memory loss and other cognitive impairments. Each of these has a common thread - They are underpinned by clear deficits in neurochemical function. You have probably heard that "depression is caused by a serotonin imbalance" (sometimes, but not always, this is the case), however did you also know - - Depression can be caused by low dopamine or noradrenaline (norepinephrine)- Problems with acetylcholine and glutamate can lead to cognitive, memory and attention-related issues- Deficits in your natural opioids (such as endorphins) not only leads to increased pain, but also poor tolerance to stressful life events or situations. However the good news is that whether your problem is serotonin, dopamine, noradrenaline, glutamate, endorphins or any of the other major neurotransmitters and neuro-hormones, your situation is usually fixable with either medication, supplements, cognitive behavioral therapy or other lifestyle modifications. The key is to first know exactly how it feels to be deficient in a particular neurotransmitter. For example, did you know that - - Just the simple act of writing out a plan on how you will change your life for the better can boost serotonin and dopamine- Just hanging out with friends and loved ones boosts serotonin- Most people who are diagnosed with depression will receive a medication to boost serotonin, however for many people, serotonin is not their problem- Meditation has been shown to boost serotonin. In his latest book, following on from his hugely successful anti-aging book, *The Methuselah Project*, James Lee gives you all you need to know regarding the major neurotransmitters including - - What they are- What do they do in your brain and body- What are the symptoms when they are depleted- How to boost levels. Lee also details some of the more obscure (yet no less important) neurochemicals such as substance P, which has recently been implicated in neuropathic pain conditions and poor tolerance to stress. As always, Lee has focused on creating a book that sticks to the key facts to create a boredom-free exploration of that mysterious electrical activity that is occurring 24/7, between your ears. Note that this book was formerly published as *Your Brain Electric*. If you own an eBook copy of that book, this is a free update.

## Book Information

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## Customer Reviews

To be honest, I was initially not expecting much based on previous experiences with free kindle books. Those dealing with neurochemistry and psychoactives seemed especially poor, appearing more like pamphlets from a pharmaceutical company than reference books. This short, but direct and concise book is written by an author who has clearly dedicated himself to researching the topic fully. I have read more "advanced" references such as "A Primer on Drug Action" and yet I have probably received more practical advice from these 47 pages than the over 1000 in the former. The author achieves a great balance between not overindulging in the technical details and explaining the subtle nuances that are essential for understanding the all too often oversimplified action of neurotransmitters. I highly recommend this book for those struggling with cognitive hurdles that have all too often been boxed into a DSM label by a psychiatrist unwilling to expand his or her toolbox beyond basic ssri antidepressants, inappropriately used atypical antipsychotics, and neurotoxic benzodiazepines.

Guess I was looking for a little more in depth. Easy reading, friendly, sincere, but for people with no prior background. So, if that's you, start here. Otherwise, jump straight to a neuroscience text.

Every few pages as I read this book, I kept thinking, "OOooh, that's why I do that!" For instance, I didn't know that working hard at something triggers dopamine in and of itself--thus the rewards of hard work. Also the old line that writers don't like writing, they like having written. It's literally true because of dopamine, not because of bragging rights. Anyway, I really found this book highly informative and plan to read it again. I will say it would be benefitted by a good editor, because I noted several places where there were errors like the use of "serious" where he meant "series." Still, clear and informative on a complex subject. I plan to check out his other books as well.

Author's tone is friendly but not patronizing as he distills complex neurochemistry into practical information that spans both prescription and otc / herbal therapies, as well as lifestyle inputs. Good overview that will point productive pathways for further investigation to anyone trying to get a handle on issues of depression, anxiety, etc.

I'm a big fan of James, his informative ebooks have lead me to get my life back after 2 major surgeries. I never felt the same after them. Now, thanks to reading all of James' ebooks and doing some research on my own I feel so much better! I've recommended the books to others who are having health issues. This is definitely information you will want to pay forward.

Very Informative! I learned a ton of neurochemical details. I'm even more intrigued now by the interdisciplinary areas of neuroscience and psychology. I like the casual writing style. Some of the information is repeated excessively, and the book needs to be edited. There are many writing errors.

This book provided clear & concise information on neurotransmitters. It broke everything down into usable pieces of information. Very helpful.

A useful primer on the main neurotransmitters and their effects on depression and motivation, along with discussions of pharmaceutical and natural drugs that target these systems.

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