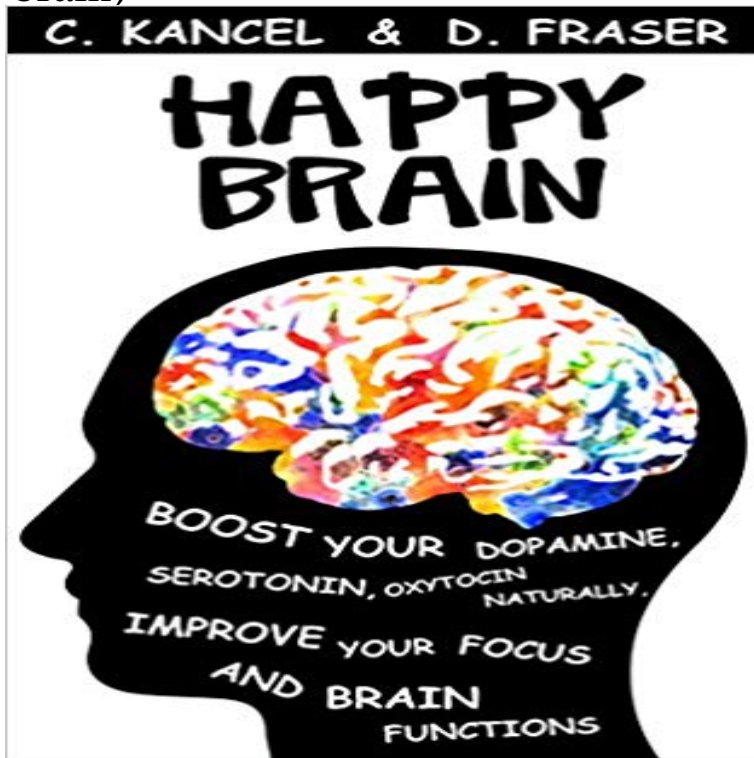


# Happy Brain: Boost Your Dopamine, Serotonin, Oxytocin Naturally, Improve Your Focus and Improve Brain Functions (38+ Tips for a Happy brain)



Understand and improve your brain functions, become a happier person tomorrow! We are our brains, realize that the condition of our brain determines how we are feeling on a day-to-day basis! Did you know that there are a lot of chemicals being produced in our brains that directly influence the way we feel and how we experience emotions? What if I told you there are ways to increase various neurotransmitters responsible for feeling happy, at ease, content, motivated, and aroused... Don't you think you would feel better on a day to day basis if you actively knew how to influence your natural balance? The e-book explains what neurotransmitters are, what they do, how to recognize a shortage and how to increase their natural balance in our brains for a happier life. We explain you in an understandable way what you can do to improve your overall brain functioning and emotional state. Your benefits from reading this book and taking action are; Feeling better on a day-to-day basis Feeling relieved of stress An improved state of well-being Increased focus and motivation More in touch with your surroundings Increased feelings of affection Decreased negative feelings such as depression and worry Feeling more content with what you do Improve your overall brain functioning And much more... The majority of people go on with their day-to-day lifestyle and feel helpless towards their feelings. In this book, we take look at the components that directly influence the way we feel and act. Get your copy for only \$2.99 today, much less than expensive medication! Remember that if you keep doing what you always have been doing you will yield the same results as you have always yielded. Getting informed on your most valuable instrument, the brain, is always a very healthy and conscious thing to consider. You can find Part 2 of the Happy Brain series [here](#):

<https://www.amazon.com/dp/B01I21RZQ0>

Get your copy now for just \$2.99 Tags: Happiness, Enhancing, Boost, Chemicals, Activities, Understand, Role, Serotonin, Dopamine, Oxytocin, Endorphin, GABA, Satisfaction, Motivation, Exercises, Habits, Healthier, Life, Hormones, Stress, Depression, Boost, Better, Mood, Create, How, to, Preventing.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22\_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22\_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

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Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22\_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122\_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

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Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no

conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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