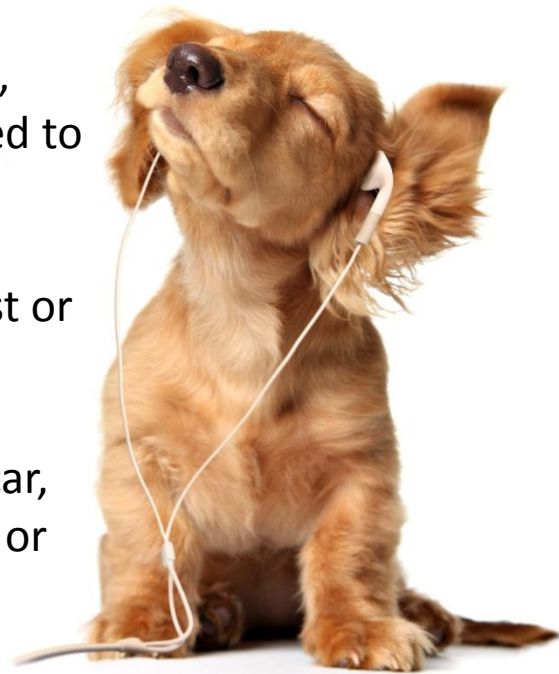




Listen.

Scientists linked a dopamine release, which triggers pleasure in the brain, with hearing your favorite tune.

1. Choose tunes that transport you to a happy time in your life – your childhood, your wedding tunes or songs you listened to that recall a special time in your life.
2. Create a Pandora or Grooveshark play list or channel for yourself.
3. If you don't have internet radio in your car, create a CD you can play while you drive or download tunes to your MP3 player or iPod to listen to on trains and subways.
4. Close your eyes – visualize the happy place and escape!



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