

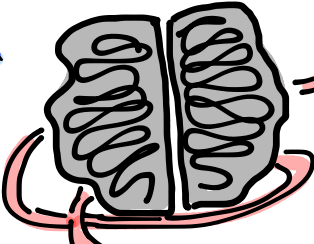
# Your Brain is Wired for Happiness

with Dr. Jay Kumar

live happy

Thoughts build pathways in our brain. change your thoughts. Change your brain. CHANGE YOUR LIFE!!

**NEUROPLASTICITY**  
human brain is not fixed. We can change its structure.



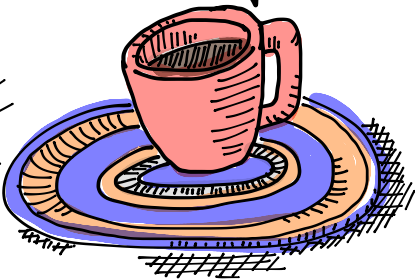
This too shall pass. ☹️ → 😊

Natural Negative  
the brain is like velcro for negative thoughts ...



... but Teflon for positive thoughts.

Wake up Grateful!  
1. simple  
2. but  
3. powerful



5:1

#wakeuphappy