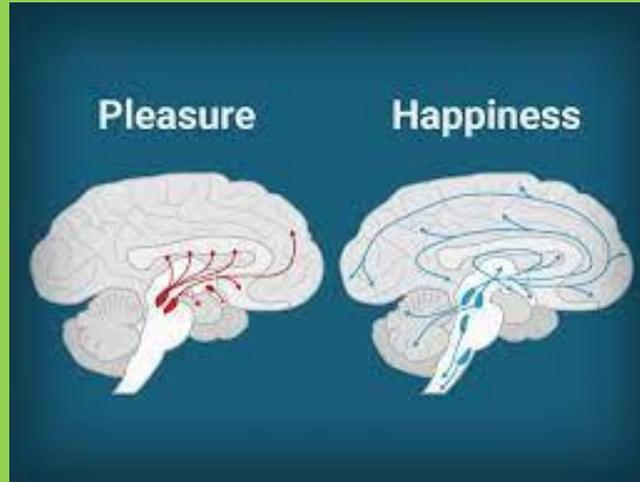


Dopamine and How to be Happy or Miserable for the Rest of Your Life



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“Nothing is miserable unless you think it so; and on the other hand, nothing brings happiness unless you are content with it.”

— Boethius, [The Consolation of Philosophy](#)

“The views expressed are those of the author and do not reflect the official policy of the Department of the Army, the Department of Defense, or the U.S. Government.”

Dopamine

When well-managed, dopamine helps us focus and move toward worthwhile goals and interests. But when mishandled, it leads us do bondage, depletion, and misery.



This excellent video was posted on YouTube channel *Better Ideas* created by Joey Schweitzer. Joey does a brilliant job of describing how excessive dopamine and stimulation lead to misery and depletion.

Please click the link below to listen:

<https://youtu.be/yYWvUoN4yt8>

