

How to break free from the dopamine trap?

Recognize Dependency

Understanding the signs of dopamine dependency helps in acknowledging the issue and taking steps to address it.

Practice Mindfulness

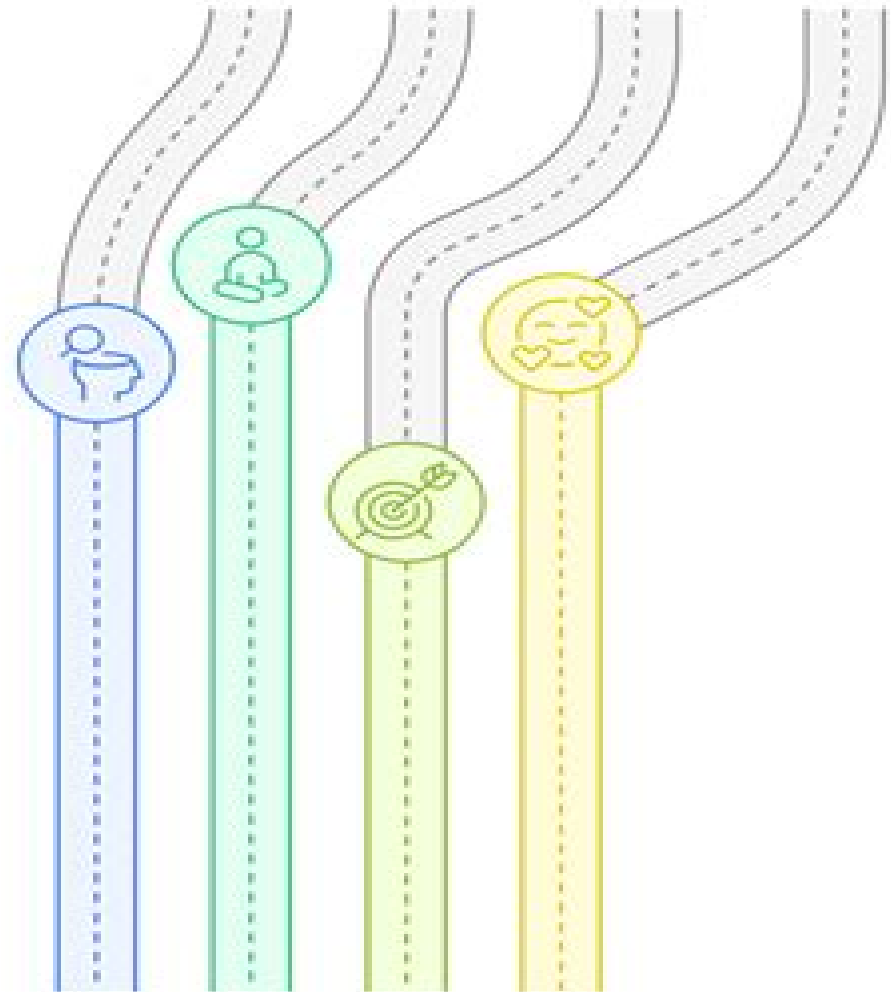
Engaging in mindfulness can reduce reliance on instant gratification and promote lasting happiness.

Set Realistic Goals

Establishing achievable goals can shift focus from high-dopamine activities to meaningful pursuits.

Choose Fulfilling Alternatives

Opting for activities that provide lasting joy can replace high-dopamine behaviors.



The Illusion Trap How To Achieve A Happier Life

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