

**If it feels good,
it had side effects.**

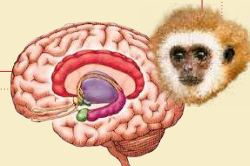
*Good feelings evolved
to promote survival,
not for the fun of it.*



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**No one can trigger your happy
circuits for you.**

*And you cannot trigger
someone else's.*



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**In nature, there is no
free happy chemical.**

*To get more
you have to do more.*



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**Your brain seeks status as
if your life depended on it**

*because in
the state of nature,
it does.*



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There is no free love in nature.

*Sex has preliminary
qualifying events in
every species.*



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**People are secretly respecting
you behind your back.**

You might as well enjoy it.



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**Your cortex and your
limbic system are not
on speaking terms.**

*When you talk to yourself,
it's all in your cortex.*



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**My operating system
may be quirky,**

*but it has successfully
promoted survival for
200 million years.*



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