

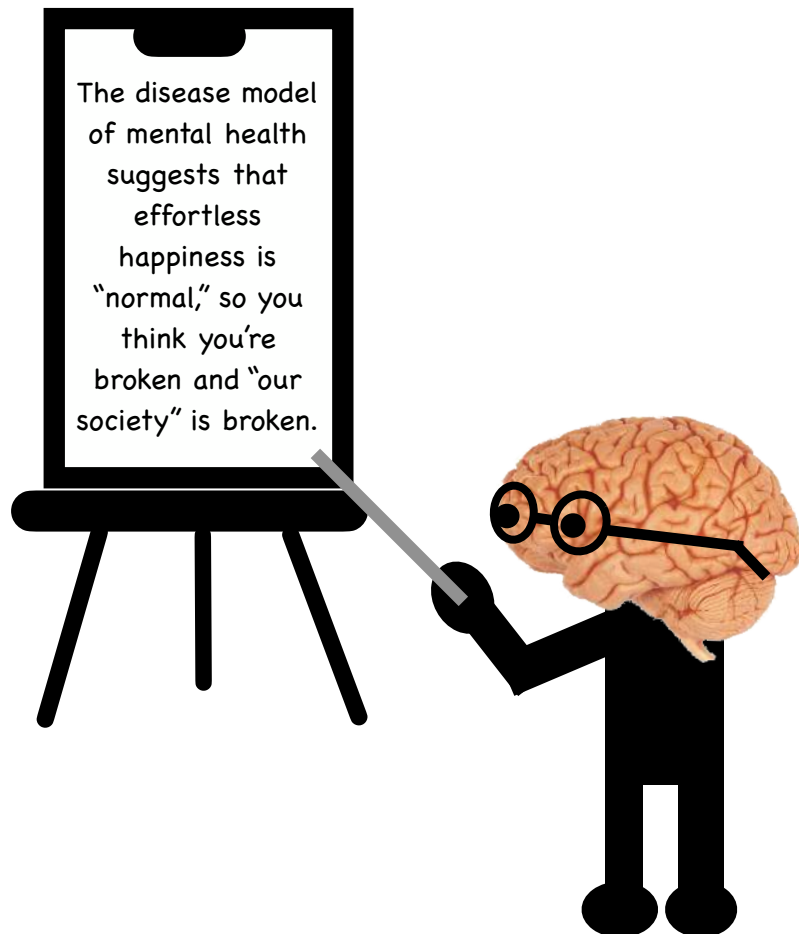
Cartoons from

Why You're Unhappy: Biology vs Politics

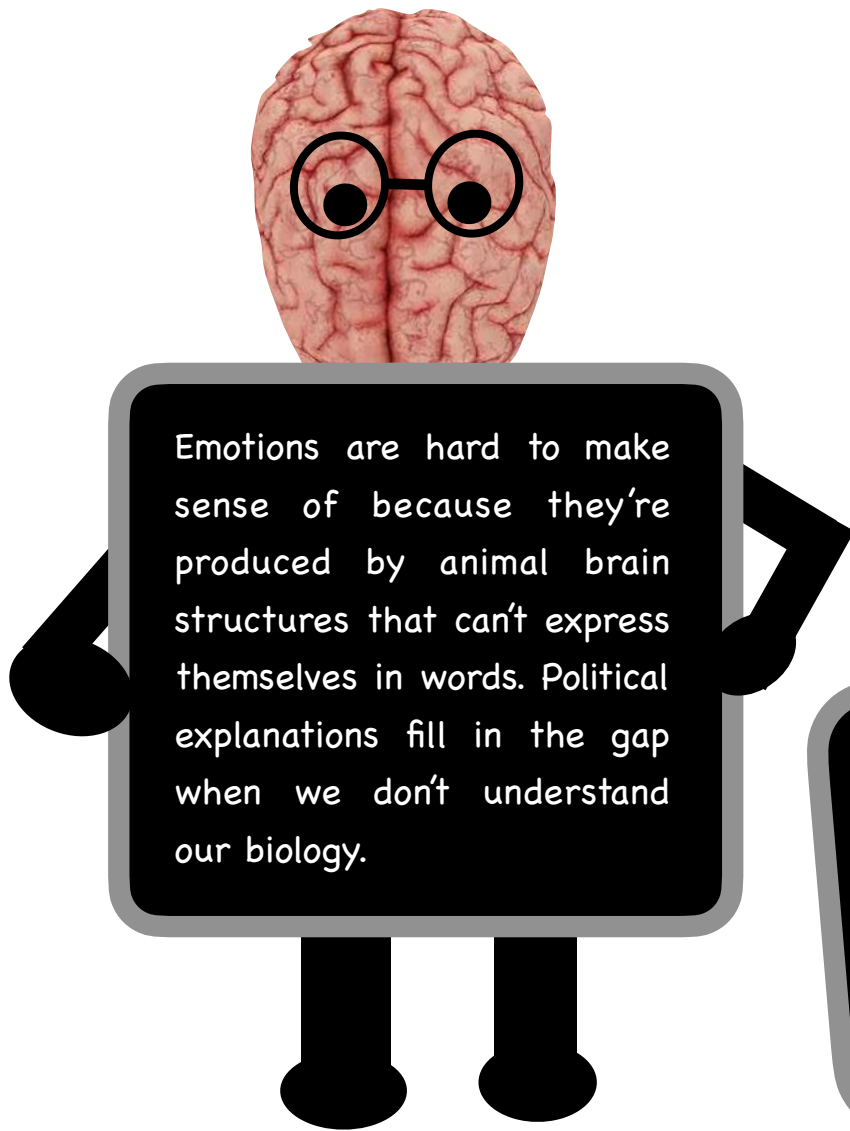
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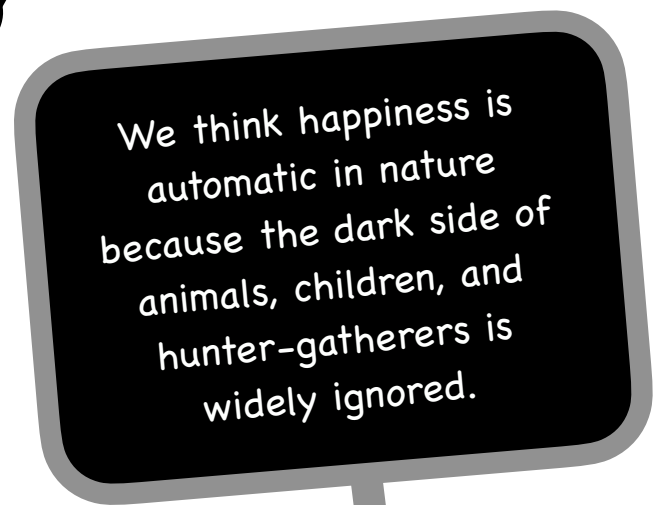
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The cartoon at the end of each chapter is on the following pages.

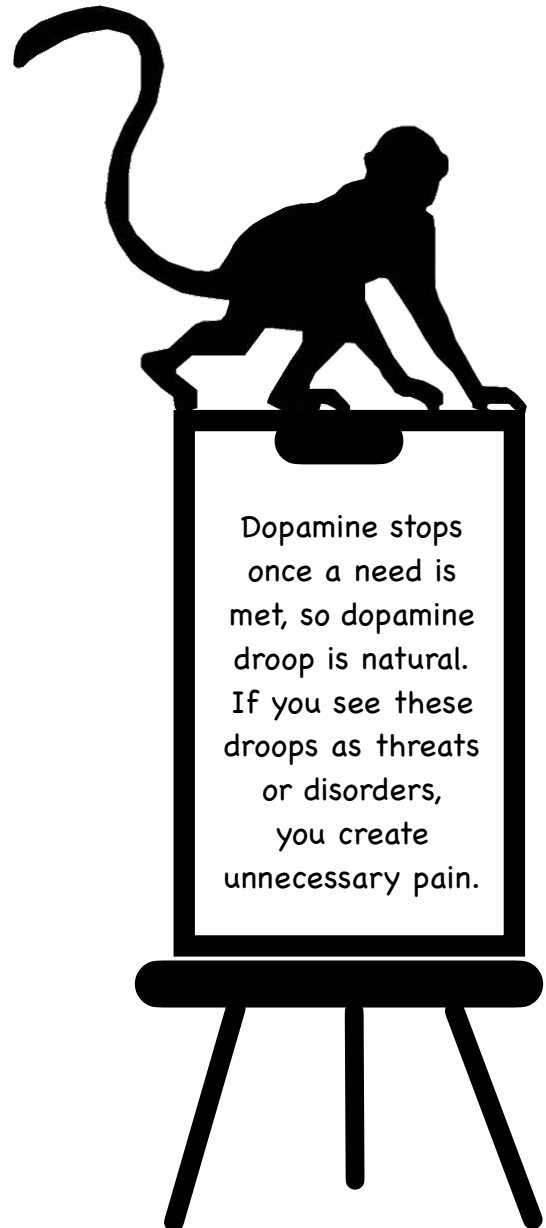
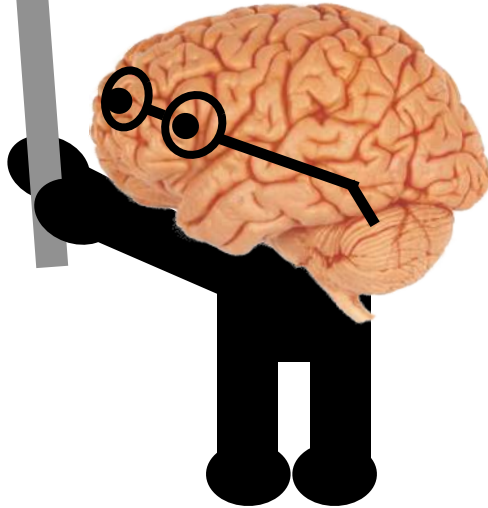


Emotions are hard to make sense of because they're produced by animal brain structures that can't express themselves in words. Political explanations fill in the gap when we don't understand our biology.

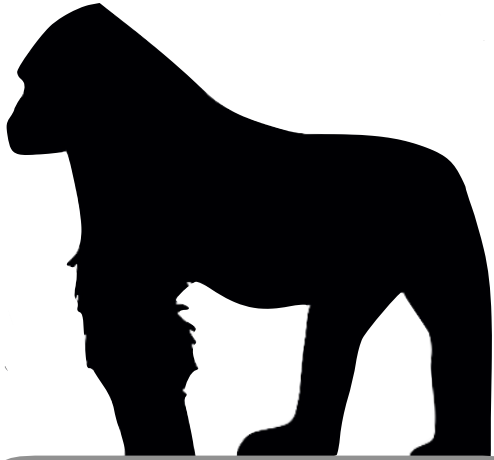


We think happiness is automatic in nature because the dark side of animals, children, and hunter-gatherers is widely ignored.

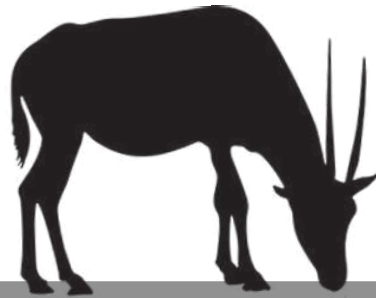
Your conscious brain
thinks it's the
showrunner, but it's
just the narrator.
Once you know your
inner mammal, you
can guide it to good
feelings more often.




Dopamine stops
once a need is
met, so dopamine
droop is natural.
If you see these
droops as threats
or disorders,
you create
unnecessary pain.



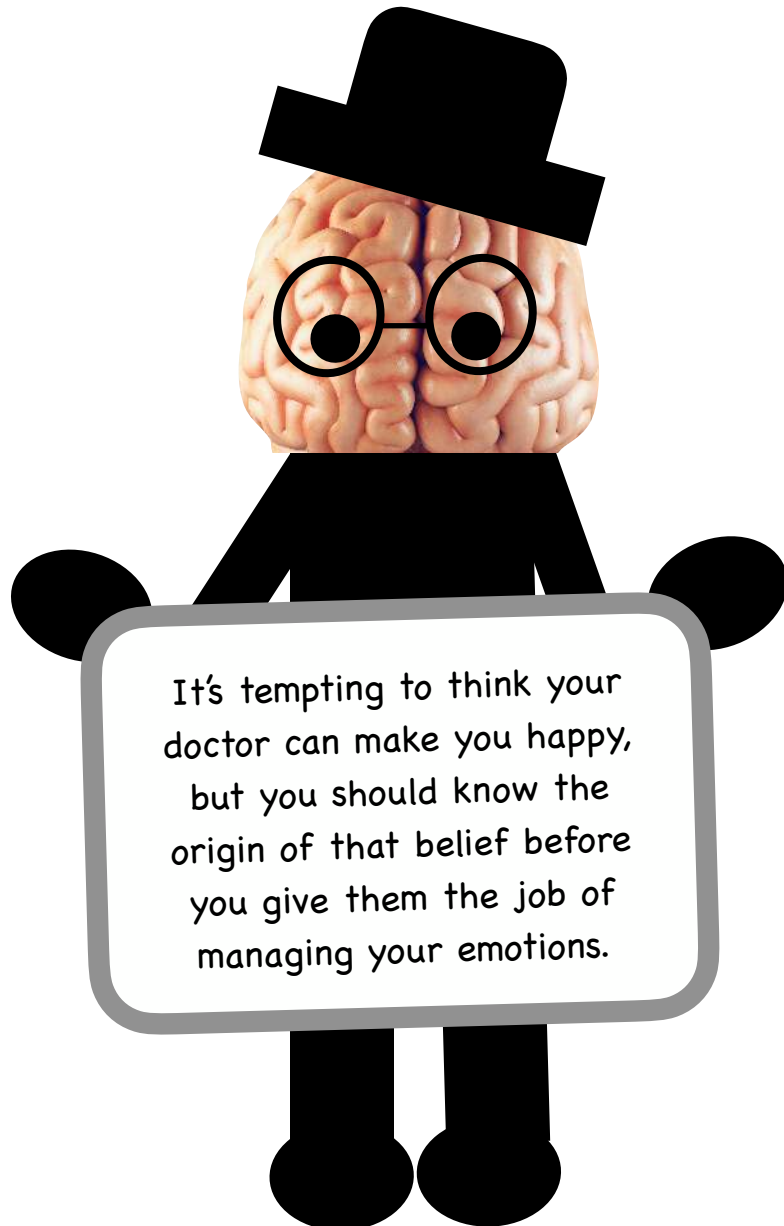
A one-down feeling seems like a survival threat when you don't face a more immediate threat. The brain that evolved for survival gets aimed at toddler-level squabbles over toys.



You're entitled to support at birth, but in time, a mammal has to give social support to get it. You may get sold on the dream of fast, easy support, but that often leads to disappointment.

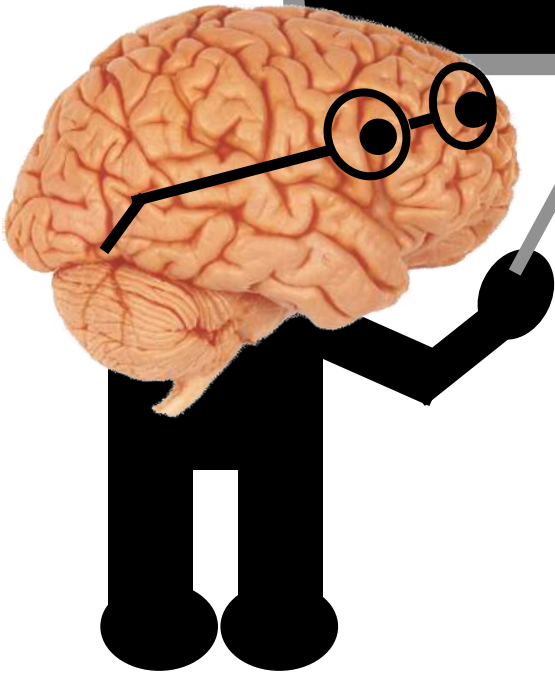
A black silhouette of a person with long, wavy hair, wearing a long-sleeved shirt and pants, holding a sign on a stick.

Endorphin masks pain with a euphoric feeling, but it evolved for emergencies, not for you to inflict pain on yourself.

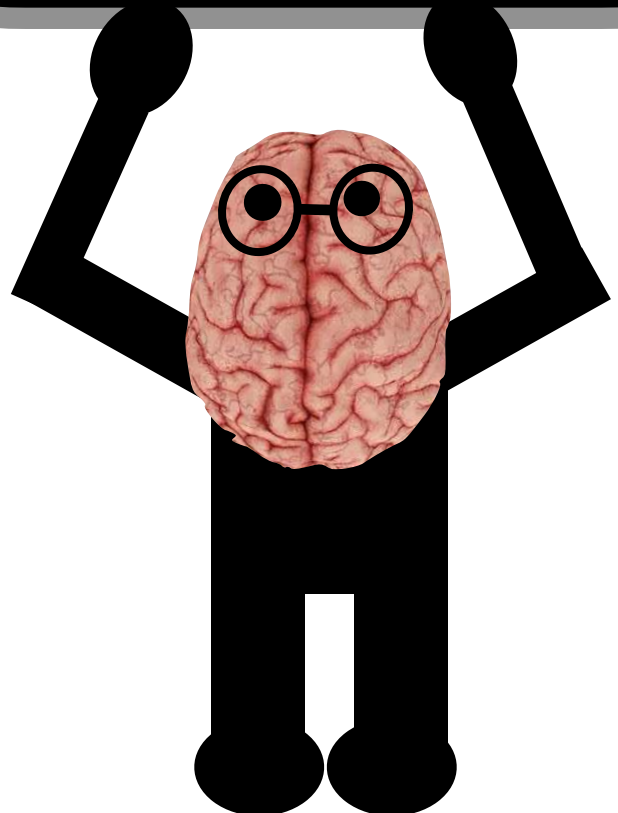
A cartoon character whose head is a human brain. The brain is wearing a black top hat and black-rimmed glasses. The character has a black body with two arms and two legs, holding a sign.

It's tempting to think your doctor can make you happy, but you should know the origin of that belief before you give them the job of managing your emotions.

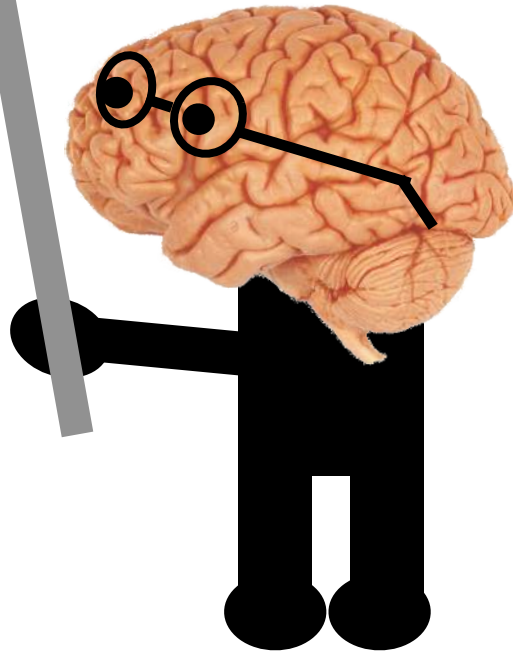
When the facts about dopamine, serotonin, and oxytocin conflict with utopian beliefs, academics arrange the facts to fit the belief.



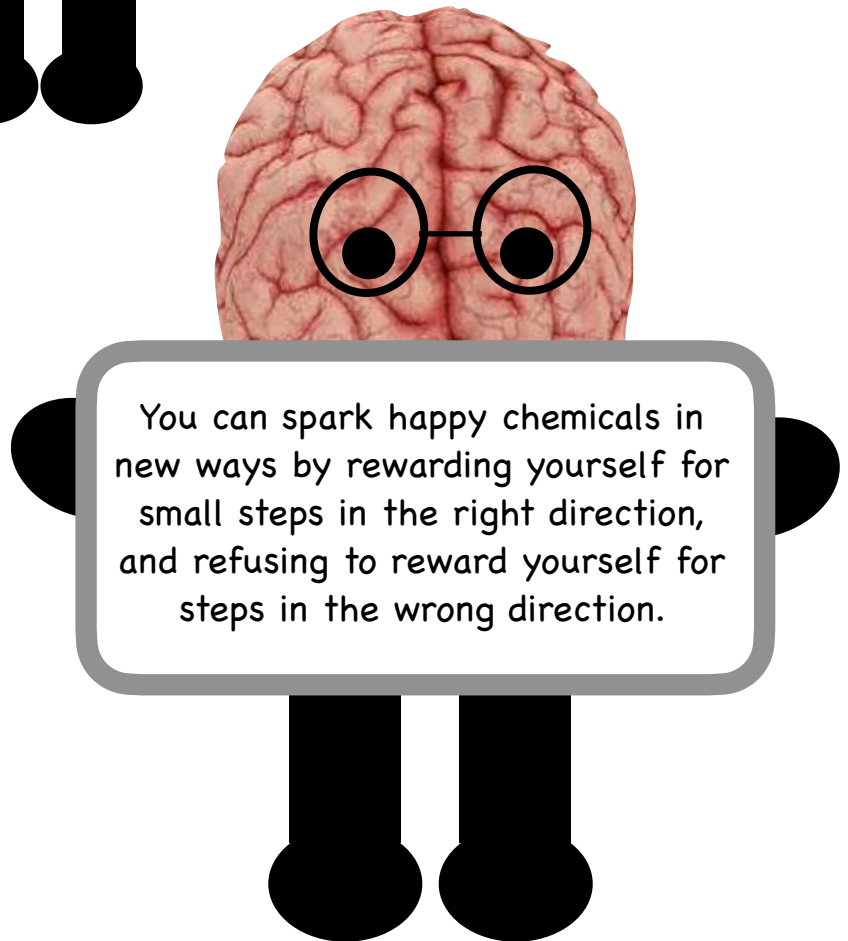
When you "get help," you may prefer to hear things that feel good now, but "help" only helps if it works in the long run.



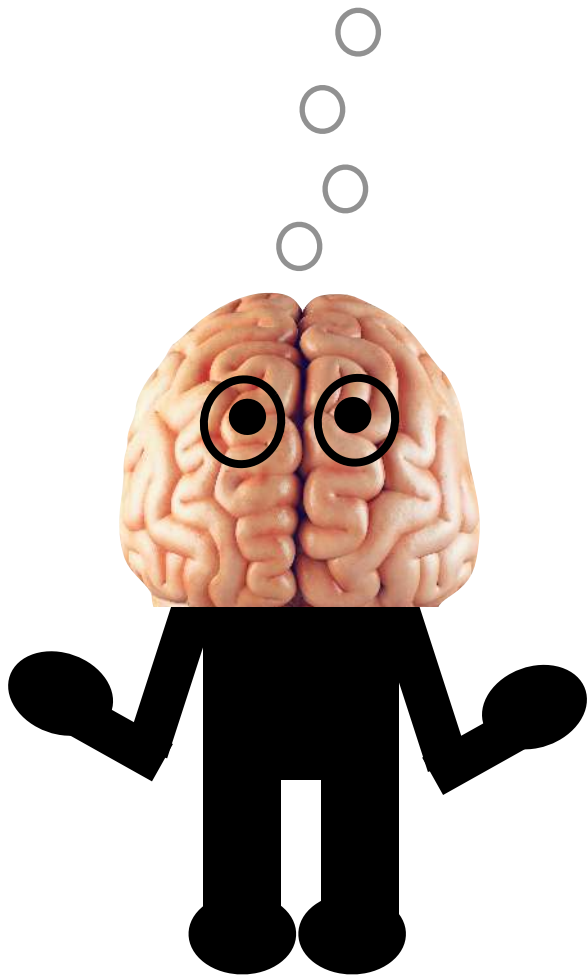
You decide which information gets access to your brain, but you choose from the information that's easily accessible.



You can spark happy chemicals in new ways by rewarding yourself for small steps in the right direction, and refusing to reward yourself for steps in the wrong direction.



Realistic expectations about dopamine, serotonin, and oxytocin will help you spark them in healthy ways, and give your electricity a new place to flow.



Maybe you will create content that helps people build their power over their mammalian operating system instead of blaming their emotions on externals.

