

Twitter Thread by [James Peters | Transformational Mindset Coach](#)



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7 habits to boost dopamine naturally:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Credit <https://t.co/HZXmP5wdBs>

I'm a Transformational Mindset Coach and I'm here to help you to:

- Unlock your full potential
- Overcome negative emotions
- Improve your relationships

Join my telegram group to get daily messages motivating you in becoming your best version!

<https://t.co/brWY2sCmQC>