
I Mammal Why Your Brain Links Status And Happiness

Loretta Graziano Breuning

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This is why we're often disappointed by the same-old thing, and why we're always seeking. Natural selection built a brain that rewards you for meeting survival needs, not for just sitting around. Survival is defined in a quirky way, alas: your mammal brain cares about the survival of your genes, and it relies on neural pathways built in youth.

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The mammal brain rewards you with the good feeling of serotonin when you gain a position of strength. But the serotonin is soon metabolized and you have to do more to get more. This is why people are so busy seeking social power. Serotonin is not aggression. It's the calm pleasure of knowing you can meet your needs.

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