

# Dr. Jay Kumar:

#wakeuphappy

HAPPINESS BEYOND  
SEX & SUCCESS

ME. SURVIVING.  
YOU. THRIVING?

The brain science  
of sex. There are  
three stages:

1. AROUSAL  
- testosterone, estrogen
2. ATTRACTION  
- dopamine, serotonin
3. ATTACHMENT  
- oxytocin

When what you  
think, what you  
say, and what  
you do are in  
HARMONY

A true  
measure  
of Happiness,  
SUCCESS.

sex is the  
icing on the  
cake

deep +  
profound  
respect  
for each other



Appreciation +  
gratitude for  
each other

Success  
revolves  
around  
HAPPINESS, not  
vice versa.

