

MATT BELLACE

DISCUSSION QUESTIONS



Want to share your natural high with Matt Bellace? Tweet him @mattbellace with #LiveNaturallyHigh. He might tweet back!

1. How is exercise beneficial physically and emotionally?
2. What are endorphins and why are they important?
3. Matt suggests that drugs can mimic anandamide. Why does that matter?
4. What are the dangers of pursuing a high with a drug?
5. What is a natural high?
6. Why does Matt suggest a Natural High is a good thing?
7. What natural high do you enjoy or would you like to try?



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