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Your Survival Instinct Is Killing You: Retrain Your Brain to Conquer Fear, Make Better Decisions, and Thrive in the 21s t Century. Thanks to technology, we live in a world that's much more comfortable than ever before. But here's the paradox: our tolerance for discomfort is at an all-time low.

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Self-preservation - Wikipedia
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About Your Survival Instinct Is Killing You. Stop running. Nothing is chasing you. Thanks to technology, today's world is more comfortable than ever, but our survival instinct that evolved to protect us from danger is on high alert. Though mild discomforts such as work demands, traffic jams, family conflict, or having to perform under pressure are not life threatening, they can still trigger the brain's fight or flight fear reaction.

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In all of these cases, their overly-sensitive survival instinct is being called into action at the slightest hint of discomfort. In short, their survival instinct is stuck in the on position...with grave consequences. Your Survival Instinct Is Killing You can transform the way you live. Provocative, eye-opening, and surprisingly practical with its gallery of strategies and ideas, this audiobook will show you how to build up your "instinctual muscles" for successfully managing discomfort ...

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It's a survival instinct that our ancient ancestors developed many years ago. Specifically, fight-or-flight is an active defense response where you fight or flee. Your heart rate gets faster ...

Fight, Flight, or Freeze: How We Respond to Threats
One of the easiest ways to tell the difference between a gut instinct and anxiety is by how long your symptoms last. "A gut instinct is often a reaction to an immediate situation," Weinberg says.

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Listen to your instincts about people. Our gut reactions to other people are a survival instinct. If you find yourself in a situation where you feel fearful of or nervous about another person for no obvious reason, you may be picking up on subtle signs that are not apparent to your conscious mind.

3 Ways to Follow Your Intuition - wikiHow
From the comfort of your own office, classroom, or home. Links will be provided to all registered attendees, as the event get closer. Speakers Confirmed to Date: Friday, October 2, 2020, at 2:00PM (MT) -- Marc Schoen, Ph.D. UCLA - Author of "Your Survival Instinct is Killing You" – Resilience: ...