

Brain Tricks

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“... get[s] to the bottom of why the human brain seems to propel us toward destructive behavior.” - Dallas Morning News

How often have you heard that what distinguishes humans from other forms of advanced life is our superior brain? We can think rationally and make intelligent decisions; we are masters of ourselves and our world. But the fact is that the way we think and react can get us into trouble. We don't use our brain - it uses us! Understanding how our instincts, gut reactions, emotions, and conditioning rule our lives is one powerful part of author David L. Weiner's Brain Tricks.

Brain Tricks probes what Weiner calls the “dark side” of the brain - raw animal instincts rooted in our primitive past when survival, mating, and taming the environment required instant, uncritical, and wholly self-centered decision making. Though modified by early childhood conditioning, our primitive thought patterns continue to this day. Our brain ignores the rituals and rules of civilized society as we overreact to sudden situations, indulge in strong emotions and prejudice, and try to manipulate others. When we succumb to our dark side, “brain tricks”; trouble is not far off. We alienate friends and lovers, quarrel with our bosses, become obsessed with possessions, commit murder, and start wars.

In clear, easy to understand language, Weiner dramatizes “the genetic and conditioned programming that can lead us into chaos.” Using well-developed vignettes featuring friends, lovers, business and professional associates, he provides an inviting vehicle for discussing our hard-to-resist tendencies to exert power over others, indulge in greed, succumb to jealousy and rage, and invent scapegoats to mask our own faults.

Read_E-book the. Worry Trick How Your Brain Tricks You - Booktopia has The Worry Trick, How Your Brain Tricks You into Expecting the Worst therapy (CBT), this book is designed to help you break the cycle of worry. Easy Maths Tricks - Many think that our brain is a perfect machine that never malfunctions. Also, scroll to the end of the article to learn if you're easy to trick!. Stan Lee's cameos in Marvel films and references to other stories in Stephen King's book adaptations. Maths Riddles - Deine Liste - Here are the first few sentences of the famous book the Wizard of OZ. Let's try

an experiment in mind reading. Dorothy lived in the midst of the great Kansas
The Worry Trick - Apple Books - Why is it that some people seem to be able to read a
book once and remember every. The more you write, the more active your mind will
be while reading.. The trick is to be bored with a specific book, rather than with the act
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