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Your Survival Instinct Is Killing You: Retrain Your Brain to Conquer Fear and Build Resilience Paperback – March 25, 2014. by. Marc Schoen (Author) › Visit Amazon's Marc Schoen Page. Find all the books, read about the author, and more. See search results for this author. Your Survival Instinct Is Killing You: Retrain Your Brain ... Your Survival Instinct Is Killing You: Retrain Your Brain to Conquer Fear, Make Better Decisions, and Thrive in the 21st 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. Your Survival Instinct Is Killing You: Retrain Your Brain ... 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. Your Survival Instinct Is Killing You by Marc Schoen ... 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"

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survival instinct is killing you : retrain your brain to conquer fear and build resilience. [Marc Schoen; Kristin Loberg] -- "Stop running. Nothing is chasing you. Your survival instinct is killing you : retrain your brain ... He is the author of Your Survival Instinct Is Killing You which was released in 2013, and a second time in 2014, by Hudson Street Press, a division of Penguin/Random House. This pioneering and highly reviewed book delves into how our most basic instinct, which was at the heart of survival in earlier times, is now placing us in harm's way. Episode #053: Your Survival Instinct is Killing You with ... Easily access hundreds of self-care practices curated for your specific needs, led by well-being pioneers, all on your phone. It's everything you need to achieve balance anytime, anywhere. Experience the Chopra app. There's always more to learn. Well-being practices from the experts. Take a self-paced course to unlock a new skill for your ... Welcome to the new Chopra In short, their Survival Instinct is stuck in the "ON" position...with grave consequences. Your Survival Is Killing You can transform the way you live. Provocative, eye-opening, and surprisingly practical with its gallery of strategies and ideas, this book will show you how to build up your "instinctual muscles" for successfully managing discomfort while taming your overly reactive Survival Instinct.

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