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that's much more
comfortable than
ever before. But
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paradox: our
tolerance for
discomfort is at
an all-time low.

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technology,
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our survival
instinct that
evolved to
protect us from
danger is on
high alert.

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Self-
preservation is
a behavior or
set of behaviors
that ensures the
survival of an
organism. It is
universal among
all living

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organisms. You
[citation
needed] Pain and
fear are
integral parts
of this
mechanism. Pain
motivates the
individual to
withdraw from
damaging
situations, to
protect a
damaged body

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part while it
heals, and to
avoid similar
experiences in
the future.

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cases, their
overly-sensitive
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Instinct is

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being called
into action at
the slightest
hint of
discomfort. In
short, their
Survival
Instinct is
stuck in the
"ON"
position...with
grave
consequences.
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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

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muscles” for
successfully
managing
discomfort while
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Instinct Is

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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

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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

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flight fear
reaction.

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In all of these
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overly-sensitive
survival
instinct is
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the slightest
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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

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managing You
discomfort . . .

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It's a survival

instinct that

our ancient

ancestors

developed many

years ago.

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Specifically, fight-or-flight is an active defense response where you fight or flee. Your heart rate gets faster ...

Thrive In The
**Fight, Flight,
or Freeze: How
We Respond to
Threats**

One of the

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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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**9 Fascinating
Ways To Tell The
Difference
Between Gut . . .**

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do is follow
your gut and
choose the one
you're most
drawn to.

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instincts about
people. Our gut
reactions to

other people are

a survival

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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.

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Date: Friday,
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