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Century. Thanks to
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than ever before. But
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our tolerance for
discomfort is at an all-
time low.

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mild discomforts such
as work demands,
traffic ...

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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

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

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Self-preservation -
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In all of these cases,
their overly-sensitive
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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. Your

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this book will show
you how to build up
your “instinctual
muscles” for
successfully
managing discomfort.

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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

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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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instinct is stuck in the
on position...with
grave consequences.

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"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

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flees. Your heart rate
gets faster ...
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Fight, Flight, or
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One of the easiest
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ways to tell the
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difference between a
Thrive in The
gut instinct and
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anxiety is by how
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long your symptoms
last. "A gut instinct is
often a reaction to an

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immediate situation,"
Weinberg says.

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instincts guide the
way. by Ben Henry.
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follow your gut and
choose the one you're
most drawn to.

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instincts about
people. Our gut

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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

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your own office,
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to all registered
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Speakers Confirmed
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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.

And this response can

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lead to a reliance on
drugs, alcohol,
overeating, insomnia,
phobias, chronic pain,
illness, or just losing
our temper for no
apparent reason. In
this eye-opening
book, psychologist Dr.
Marc Schoen offers
practical strategies to
tame your overly
reactive survival
instinct and conquer

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fear, build resilience,
boost decision-
making, and improve
every aspect of your
life.

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Thanks to technology,
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that's much more
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before. But here's
the paradox: our
tolerance for
discomfort is at an all-

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time low. And as we
wrestle with a sinking
“ discomfort
threshold, ” we
increasingly find
ourselves at the
mercy of our
primitive instincts
and reactions that can
perpetuate disease,
dysfunction, and
impair performance
and decision making.
Designed to keep us

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out of danger, our
limbic brain 's
Survival Instinct
controls what we
intuitively do to avert
injury or death, such
as running out of a
burning building.
Rarely are we
required to recruit
this instinct today
because seldom do
we find ourselves in
situations that are

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truly life-threatening.
However, this part of
our brain is
programmed to
naturally and
automatically react to
even the most benign
forms of discomfort
and stress as serious
threats to our
survival. In this
seminal book we
learn how the
Survival Instinct is the

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Survival that triggers a
person to overeat,
prevents the
insomniac from
sleeping, causes the
executive to unravel
under pressure, leads
travelers to avoid
planes or freeways,
inflames pain, and
due to past heartache,
closes down an
individual to love. In
all of these cases,

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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. You can transform the way you live.

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overly reactive
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will learn that the

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management of
discomfort is the
single most important
skill for the twenty-
first century. This
book is, at its heart, a
modern guide to
survival.

Decisions And
Explains how
everyday occurrences
are triggering limbic-
brain reactions that
originally evolved to

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warn of immediate
danger, and shares
simple techniques for
alleviating stress,
improving decision
making, and taking
healthy risks.

Civilization has fallen.
Lynn, alone in the
debris of a world
reclaimed by nature
and hiding from the
threat of man, is

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forced to go on a
dangerous journey
through decaying
New York City. As
Lynn's feelings for
her guard, Dani, grow,
she's forced to face
her belief that staying
alone is the only way
to survive.

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A number of books
have been published
explaining how we

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can manage stress.
But how can we truly
manage our own
stress effectively
unless we begin to
understand what is
happening inside us
and what the factors
are that initiate our
personal stress
response? If we
understand stress
more thoroughly
including our own

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levels of
stressmeaning when
stress is actually
motivating and
helpful versus when it
is debilitating and
destructivethen we
can more specifically
learn to manage our
own stress. This book
initially explains
stress, what happens
within us, the
relationship between

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Stress and emotional
intelligence, the four
conditions that cause
stress, how the brain
works under stress,
and the relationship
between stress and
mindset and
automatic thinking. In
the second half of the
book we discuss
managing stress
based on what was
discussed in the first

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half of the book.
Rather than throwing
out general ideas for
stress management
the book presents
physical strategies for
managing stress,
mental strategies for
managing stress,
emotional strategies
for managing stress,
and spiritual
strategies for
managing stress.

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Spiritual strategies
include looking at our
values, beliefs,
traditions, and how
we evaluate success
in addition to any
religious views we
might hold. Stress is
natural. How we
manage it does not
have to be a mystery.
Golding 's iconic
1954 novel, now with

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Lois Lowry, remains
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books ever written for
young adults and an
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age. This edition
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the dawn of the next
world war, a plane

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crashes on an
uncharted island,
stranding a group of
schoolboys. At first,
with no adult
supervision, their
freedom is something
to celebrate. This far
from civilization they
can do anything they
want. Anything. But
as order collapses, as
strange howls echo in
the night, as terror

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begins its reign, the hope of adventure seems as far removed from reality as the hope of being rescued.

The sparks are flying in this fast-paced romantic suspense featuring: Forced proximity
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romance A chillingly

brilliant foe And

scorching, brain-

melting heat despite

the freezing Alaska

setting Stranded

together in a frozen

wilderness, there's

nowhere left to run..

Hotshot pilot Leo

Eddowes is afraid of

nothing and no one.

So when she's asked

to evacuate a man

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from the wilds of
Alaska, she doesn't
hesitate. But with
enemies in close
pursuit and the
weather turning sour,
what should have
been a simple mission
quickly shifts to
disaster. And there's
only one way out.
When Elias Thorne
disappeared, he was
America's most

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wanted. Now he's

spent more than a decade in one of the most remote places on earth, guarding a dangerous secret.

Leo's arrival, quickly followed by a team of expert hunters, leaves him no choice but to join forces with her—and run. Neither is prepared for their reluctant partnership

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to flare into
something as wild
and untamed as the
frozen world around
them...but as
desperately cold days
melt into scorchingly
hot nights, Leo and
Elias must learn to
dig deep, trust in each
other, and forge a
bond as strong as the
forces of nature.

Praise for *Whiteout*:

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"Twisted intrigue and
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master."—MARIA
VALE, Award-winning
Author

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Based on Stanford
University
psychologist Kelly
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popular course "The
Science of
Willpower," The
Willpower Instinct is
the first book to

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explains exactly what
willpower is, how it
works, and why it
matters. For example,
readers will learn: •
Willpower is a mind-
body response, not a
virtue. It is a
biological function
that can be improved
through mindfulness,
exercise, nutrition,
and sleep. •

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Willpower is not an unlimited resource.

Too much self-control can actually be bad for your health. •

Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower •

Guilt and shame over your setbacks lead to giving in again, but

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self-forgiveness and
self-compassion boost
self-control. • Giving
up control is
sometimes the only
way to gain self-
control. • Willpower
failures are
contagious—you can
catch the desire to
overspend or overeat
from your friends—
but you can also
catch self-control

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from the right role
models. In the
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tradition of Getting
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complementary
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readers with goals
ranging from losing
weight to more

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patient parenting, less
procrastination,
better health, and
greater productivity
at work.

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Discover how human
beings react to
danger—and what
makes the difference
between life and
death “ Fascinating
and useful . . . [shows
that] the most

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important variable in
an emergency is your
own
behavior.” —The
New York Times
Today, nine out of ten
Americans live in
places at significant
risk of earthquakes,
hurricanes,
tornadoes, terrorism,
or other disasters.
Tomorrow, some of
us will have to make

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to save ourselves and
our families. How will
we react? What will it
feel like? Will we be
heroes or victims? In
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these questions,
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Ripley traces human
responses to some of
recent history's epic
disasters, from the

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Blanc munitions ship
in 1917—one of the
biggest explosions
before the invention
of the atomic
bomb—to the
journeys of the
15,000 people who
found their way out
of the World Trade
Center on September
11, 2001. To
understand the

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stories, Ripley turns
to leading brain
scientists, trauma
psychologists, and
other disaster
experts. She even has
her own brain
examined by military
researchers and
experiences, through
realistic simulations,
what it might be like
to survive a plane

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Crash into the ocean
or to escape a raging
fire. Ripley comes
back with precious
wisdom about the
surprising humanity
of crowds, the
elegance of the
brain 's fear circuits,
and the stunning
inadequacy of many
of our evolutionary
responses. Most
unexpectedly, she

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discovers the
brain ' s ability to do
much, much

better—with just a

little help.

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Describes the
experiences of a

newcomer to the

Yukon when he

attempts to hike
through the snow to

reach a mining claim.

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