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. 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 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 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 culprit 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, 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 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. You will learn that the 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.

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Molecular Mimicry, Microbes, and Autoimmunity , Madeleine W. Cunningham, Robert S. Fujinami, Jan 1, 2000, Medical, 287 pages. This book is the first comprehensive review of molecular mimicry. It offers an examination of the origins of the field, the current status, and the new developments that could.


Fear and Anxiety Primary Triggers of Survival and Evolution, Paul Diel, 1989, Psychology, 175 pages. .
The Power of Simple Prayer How to Talk with God About Everything, Joyce Meyer, Apr 1, 2007, Religion, 439 pages. Counsels readers on the powerful potential of prayer in a faith-based life, discussing such topics as hindrances to prayer effectiveness, the Bible's role in prayer, and the.

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Failure to Thrive and Pediatric Undernutrition A Transdisciplinary Approach, Daniel B. Kessler, Peter Dawson, 1999, Medical, 620 pages. Brimming with assessment and intervention techniques, this exhaustive resource discusses the medical and developmental consequences of pediatric undernutrition. The authors.


At War Within The Double-Edged Sword of Immunity, William R. Clark, 1997, Medical, 276 pages. Examines the interplay between the body's immune and nervous systems, discusses what happens when the immune system is overzealous and attacks healthy cells, and explores.
My People's Prayer Book: Birkhot hashachar (morning blessings), Lawrence A. Hoffman, 2001, Religion, 240 pages. Jewish prayers are presented in traditional Hebrew, accompanied by both a modern translation and commentary by Jewish scholars and teachers, who cover the prayers' connections.

Thomas Paine, A. J. Ayer, 1988, History, 195 pages. A biography of Thomas Paine, who spent his youth in England but became a hero of the American and French revolutions by writing books and pamphlets which embodied the ideals of Compilers: Principles and Practice, Parag H. Dave, Himanshu B. Dave, . . . Compilers: Principles and Practice explains the phases and implementation of compilers and interpreters, using a large number of real-life examples. It includes examples from Marc Schoen, Ph.D.

The second Lady Chatterley's lover, David Herbert Lawrence, 2007, Fiction, 400 pages. Originally published abroad in 1928, and unavailable in Britain until 1960 when it was the subject of an infamous obscenity trial, Lady Chatterley's Lover is now regarded as Multimind, Robert E. Ornstein, Apr 1, 2003, Psychology, 206 pages. Originally published: Boston: Houghton Mifflin, 1986


Book Summary: This book is about a secret CIA program to clone historical geniuses. In the book, over 100 cloned geniuses, all aged 20 and with their faces changed, are discussed.

Your Survival Instinct Is Killing You: Retrain Your Brain to Conquer Fear, Make Better Decisions, and Thrive in the 21st Century, Marc Schoen, Ph.D.

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The Drive-By Wife, Book 2, Mike Wells, Jan 25, 2014, Fiction, 72 pages. In this explosive psychological thriller, Allen and Cynthia Hunt are an upper middle-class San Francisco couple who make one small but serious mistake. This momentary lapse in Structure of Indian Industries A Statistical Study in the Size, Location, and Integration of Industrial Units in the Seven Selected Industries of India, Viz., Cotton, Jute, Sugar, Iron and Steel, Coal, Paper, and Cement, Madhava Mal Mehta, 1955, Industries, 340 pages

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Leading The Dream Doctor, Arthur B. Reeve, 2008, Fiction, 260 pages. Short excerpt: ‘Suicide’ Craig repeated. ‘Suicides don’t usually write on typewriters. A hasty note scrawled on a sheet of paper in trembling pen or pencil that is what they Philosophy Bites, David Edmonds, Nigel Warburton, Aug 12, 2010, Philosophy, 244 pages. Edmonds and Warburton challenged some of the world’s leading philosophers to hold forth on their favorite topics for their podcast, Philosophy bites. The result is a book that


Money, International Relations, and the State, Peter Thonemann, Apr 18, 2013, History, 368 pages. This book is the first full-length study to be dedicated to the political economy of the Attalid kingdom of Pergamon, focusing in particular on its financial administration.
The Boggart, Susan Cooper, Omar Rayyan, May 25, 2004, Juvenile Fiction, 208 pages. Returning home to Toronto, Canada, after visiting the Scottish castle inherited by her family, twelve-year-old Emily finds that she has accidentally brought back with her a Blackthorn Winter, Douglas Wilson, Nov 1, 2009, Chesapeake Bay Region (Md. and Va.), 141 pages. "Treasure, financial hardship, and pirate mistique [sic] all add to a cleverly woven tale of uncommon honor in the face of insideous treachery that stretches from the days of
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Marc Schoen, Ph.D. 1594630976, 9781594630972
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Every Molecule Tells a Story, Simon Cotton, Nov 16, 2011, Medical, 280 pages. From cooking to medicine, from engineering to art, chemistry is everywhere. A celebration of the molecules of chemistry, Every Molecule Tells a Story.

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The Hiding Eel, Cari Meister, Jul 1, 2011, Juvenile Fiction, 31 pages. Leon the eel hides from Fifi the grouper fish until he must come out for food.

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Motivation, Beliefs, and Organizational Transformation, Thad B. Green, Raymond T. Butkus, Jan 1, 1999, Business & Economics, 207 pages. Basing his work on the pioneering researches of Victor Vroom, Dr. Green, with his coauthor Butkus, introduces a new management tool to facilitate change: the belief system of Promises to Keep, Karen Harper, 1994, Fiction, 375 pages. In the wake of the Civil War, a crumbling mansion in Lockwood, Ohio, becomes the Christmas refuge of owner Amanda Wynne, two war widows, a former slave and her daughter, and Your Survival Instinct Is Killing You: Retrain Your Brain to Conquer Fear, Make Better Decisions, and Thrive in the 21st Century, 1594630976, 9781594630972


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