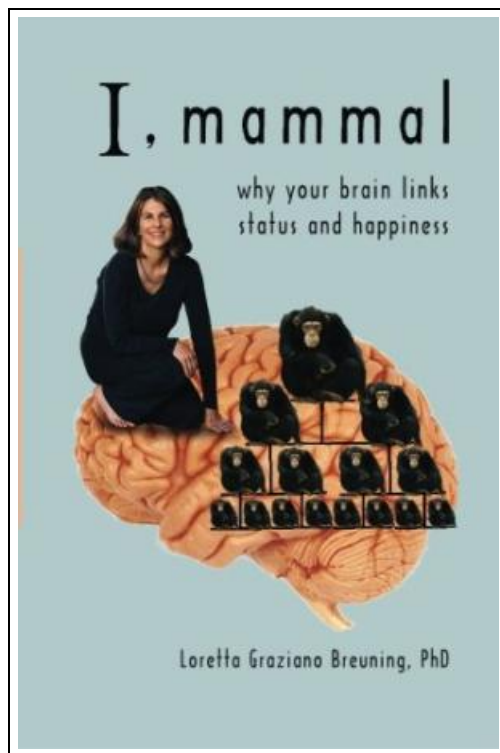


I, Mammal: Why Your Brain Links Status and Happiness



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Reviews

Extensive guide! Its such a very good read. I really could comprehend almost everything out of this created ebook. You will like how the writer write this ebook.

(Katherine Feil)

I, MAMMAL: WHY YOUR BRAIN LINKS STATUS AND HAPPINESS



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Loretta Graziano Breuning, United States, 2011. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Mammals seek dominance because it stimulates their happy chemicals. An appetite for status develops as naturally as the appetite for food and sex. Status hierarchies emerge spontaneously as each individual strives to meet their needs and avoid harm. You would never think this way in words, but your mammal brain uses neurochemicals instead of words. When you understand the private lives of animals, your neurochemical ups and downs make sense. You have inherited the operating system that helped mammals thrive for millions of years. Nothing is wrong with us. We are mammals. You may say you re against status. But if you filled a room with people who said they were anti-status, a hierarchy would soon form based on how anti-status they are. That s what mammals do. Our neurochemical ups and downs make sense when you look at the private lives of animals. The field notes of a primatologist are eerily similar to the lyrics of a country western song. A biology textbook resembles a soap opera script. The mammal brain cannot put its reactions into words, so the human cortex struggles to make sense of the limbic system it s attached to. We can finally make sense of our hybrid brain thanks to an accumulation of research in animal science and neuroscience. The frustrations of social hierarchies are not caused by our society. We are simply heirs to the brain that helped mammals thrive for two hundred million years. It s not easy being human with a mammalian operating system. But when you understand the neurochemistry of mammals, you can stop focusing on our flaws and simply celebrate how well we do with the...



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