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Head, Heart, and Gut: How to Use the 3 Brains

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06/10/2021 03:54 PM

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Head, Heart, and Gut: How to Use the 3 Brains

Today, the head, heart, and gut are all classified as functional brains, and science now shows that there are complex neural networks in all three, according to a study published in SAGE Journals.

You probably have a sense of this already. Think about a time when you had to speak in front of a large group, and you felt butterflies in your stomach or knots in your belly. Or when you fell in love for the first time, and you felt it in your heart.

Listening to all three is critical in decision making. These three brains help to make smart decisions, to avoid dangerous situations, to navigate important choices, and to spend time with people who you love.

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