**Outline**

1. **Introduction**
   * Background and context
   * Importance of studying activity ratios
   * Objectives of the study
2. **Theoretical Framework**
   * Definitions of key concepts
   * Explanation of intra-isotropic concentrations, sparsity, and emptiness
   * Genesis and Exodus periods defined
3. **Methodology**
   * Data collection methods
   * Assumptions and parameters
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4. **Results**
   * Presentation of ratios for Genesis and Exodus periods
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5. **Discussion**
   * Interpretation of results
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   * Comparison with existing literature
6. **Conclusion**
   * Summary of findings
   * Limitations of the study
   * Suggestions for future research
7. **References**
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**Detailed Write-Up**

**Introduction**

The study of activity ratios within intra-isotropic concentrations during the periods of Genesis and Exodus offers valuable insights into human behavior and societal organization. Understanding these ratios helps us comprehend how societies allocate their time and resources in different contexts. This research aims to analyze and compare the ratios of activities such as fetching, foraging, hunting, gathering, resting, wandering, loitering, camping, being alert, being at ease, utilizing, producing, tribal warfare, and anarchy during two distinct periods: Genesis, characterized by high concentration of activities, and Exodus, marked by dispersal and increased sparsity.

**Theoretical Framework**

**Intra-Isotropic Concentration** refers to the uniform distribution of activities within a given area. In this context, we are examining how activities are distributed within a space that is considered isotropic, meaning it has uniform properties in all directions. **Sparsity** measures the spread of activities, indicating how dispersed they are, while **emptiness** denotes areas devoid of activities.

The **Genesis period** is defined as a time of settlement with high concentration of activities in localized areas. Conversely, the **Exodus period** represents a phase of migration or dispersal, where activities are more spread out, reflecting increased sparsity and emptiness.

**Methodology**

Data collection involved hypothetical counts of various activities during the Genesis and Exodus periods. The total number of activities was calculated for each period, and the ratios were derived by dividing the count of each activity by the total number of activities in that period.

For Genesis: RatioG=Activity CountNG\text{Ratio}\_G = \frac{\text{Activity Count}}{N\_G}RatioG​=NG​Activity Count​

For Exodus: RatioE=Activity CountNE\text{Ratio}\_E = \frac{\text{Activity Count}}{N\_E}RatioE​=NE​Activity Count​

The following table shows the hypothetical counts and calculated ratios:

| **Activity/State** | **Genesis Count (NGN\_GNG​)** | **Exodus Count (NEN\_ENE​)** | **Genesis Ratio (RGR\_GRG​)** | **Exodus Ratio (RER\_ERE​)** |
| --- | --- | --- | --- | --- |
| Fetching | 30 | 10 | 0.0625 | 0.0382 |
| Foraging | 50 | 15 | 0.1042 | 0.0573 |
| Hunting | 40 | 20 | 0.0833 | 0.0763 |
| Gathering | 45 | 10 | 0.0937 | 0.0382 |
| Resting | 60 | 30 | 0.125 | 0.1145 |
| Wandering | 25 | 50 | 0.0521 | 0.1908 |
| Loitering | 20 | 40 | 0.0417 | 0.1527 |
| Camping | 35 | 25 | 0.0729 | 0.0954 |
| Alert | 15 | 5 | 0.0312 | 0.0191 |
| At Ease | 40 | 20 | 0.0833 | 0.0763 |
| Utilizing | 55 | 10 | 0.1146 | 0.0382 |
| Producing | 50 | 20 | 0.1042 | 0.0763 |
| Tribal Warfare | 10 | 5 | 0.0208 | 0.0191 |
| Anarchy | 5 | 2 | 0.0104 | 0.0076 |

**Results**

The ratios of various activities during the Genesis and Exodus periods reveal significant differences in how these activities are distributed. The following plot illustrates these ratios, highlighting the concentration of activities during Genesis and their dispersal during Exodus:

The plot shows higher ratios for activities like fetching, foraging, and producing during Genesis, indicating a focus on resource acquisition and production. During Exodus, activities like wandering and loitering show higher ratios, reflecting increased movement and less structured social interactions.

**Discussion**

The results indicate that during the Genesis period, activities are concentrated, with higher emphasis on resource acquisition and production. This suggests a period of settlement and establishment of societal structures. The higher ratios for resting and at ease activities during Genesis also imply a stable environment where individuals can afford to spend time in low-energy activities.

In contrast, the Exodus period shows higher ratios for wandering and loitering, indicating a phase of movement and dispersal. This reflects a less stable environment, where individuals are more spread out and possibly seeking new areas for settlement. The lower ratios for producing and utilizing during Exodus suggest a decrease in structured activities focused on resource management.

These findings align with existing literature on human behavior during settlement and migration phases. For instance, studies on nomadic societies show similar patterns of increased movement and decreased structured activities during migration periods.

**Conclusion**

This study highlights the differences in activity ratios during the Genesis and Exodus periods, providing insights into how human societies allocate their time and resources in different contexts. The higher concentration of activities during Genesis reflects a stable, settled environment, while the increased sparsity during Exodus indicates a phase of movement and dispersal. These findings have implications for understanding resource management, social structures, and human behavior in different environmental contexts.

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**Title: The Concept and Implications of Alert Systems**

**Outline**

1. **Introduction**
   * Definition of Alerts
   * Importance of Alert Systems
   * Overview of the Paper
2. **Historical Development of Alert Systems**
   * Early Forms of Alerts
   * Evolution with Technology
   * Modern Alert Systems
3. **Types of Alert Systems**
   * Emergency Alerts
   * Weather Alerts
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4. **Technology Behind Alert Systems**
   * Communication Protocols
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5. **Applications of Alert Systems**
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7. **Impact on Society**
   * Benefits of Alert Systems
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8. **Future of Alert Systems**
   * Emerging Technologies
   * Integration with AI and IoT
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9. **Conclusion**
   * Summary of Key Points
   * Final Thoughts
10. **References**

**1. Introduction**

**Definition of Alerts**

An alert system is a mechanism designed to notify individuals or groups of potential dangers, important events, or changes in the environment. Alerts can be issued through various means, including text messages, emails, sirens, or automated phone calls. The primary purpose of alert systems is to ensure timely dissemination of critical information to prevent harm or facilitate prompt action.

**Importance of Alert Systems**

Alert systems play a crucial role in modern society by enhancing safety and preparedness. They provide real-time information that can save lives, protect property, and maintain order. From natural disasters to security breaches, alert systems are essential for effective response and management.

**Overview of the Paper**

This paper explores the concept of alert systems, their historical development, various types, underlying technologies, applications, impact on society, and future prospects. By examining case studies and current trends, we aim to provide a comprehensive understanding of alert systems and their significance.

**2. Historical Development of Alert Systems**

**Early Forms of Alerts**

The concept of alerting individuals to danger has existed since ancient times. Early warning systems included the use of fire signals, drums, and messengers to convey important information. These primitive systems laid the foundation for more sophisticated alert mechanisms.

**Evolution with Technology**

With the advent of electricity and telecommunications, alert systems became more reliable and widespread. The development of telegraphs and telephones enabled faster communication of alerts. In the 20th century, radio and television further revolutionized the dissemination of emergency information.

**Modern Alert Systems**

Today's alert systems are highly advanced, utilizing digital technologies, the internet, and mobile networks. They can target specific populations, provide detailed information, and offer interactive features for immediate response. Examples include the Emergency Alert System (EAS) in the United States and the European Union's Public Warning System (EU-ALERT).

**3. Types of Alert Systems**

**Emergency Alerts**

Emergency alert systems are designed to inform the public about imminent threats, such as natural disasters, terrorist attacks, or hazardous material incidents. These systems aim to provide timely warnings and instructions to minimize harm.

**Weather Alerts**

Weather alert systems provide notifications about severe weather conditions, including storms, floods, hurricanes, and tornadoes. Agencies like the National Weather Service (NWS) use advanced meteorological data to predict and broadcast weather alerts.

**Security Alerts**

Security alerts inform individuals or organizations about potential security threats, such as cyber-attacks, physical intrusions, or terrorist activities. These alerts are crucial for maintaining the safety and security of critical infrastructure and sensitive information.

**Medical Alerts**

Medical alert systems are used to monitor the health of individuals, especially the elderly or those with chronic conditions. These systems can notify caregivers or medical professionals in case of emergencies, such as falls or sudden health deteriorations.

**Technological Alerts**

Technological alert systems are employed in various industries to monitor and notify about technical issues, system failures, or operational anomalies. These alerts help in maintaining smooth operations and preventing downtime.

**4. Technology Behind Alert Systems**

**Communication Protocols**

Modern alert systems rely on robust communication protocols to ensure messages are delivered promptly and accurately. These protocols include SMS, email, push notifications, and automated phone calls.

**Sensors and Detection Technologies**

Sensors play a critical role in alert systems by detecting specific conditions or events. Examples include smoke detectors for fire alerts, seismometers for earthquake alerts, and motion sensors for security alerts.

**Data Processing and Algorithms**

Advanced data processing and algorithms enable alert systems to analyze vast amounts of data, predict potential threats, and generate accurate alerts. Machine learning and artificial intelligence are increasingly being integrated to enhance the precision and reliability of these systems.

**Title: Brain State: At Ease as Opposed to Alert**

**Abstract** This paper explores the contrasting states of the human brain: at ease and alert. It delves into the neurological underpinnings, physiological effects, and psychological implications of these states. By examining current research, the paper highlights the significance of both states in daily functioning and overall well-being.

**Introduction** The human brain operates in different states, each essential for various aspects of life. This paper investigates two primary states: at ease and alert. Understanding these states provides insights into how they affect cognition, behavior, and health.

**Neurological Underpinnings**

1. **Brain Waves and States**  
   a. **At Ease**: Associated with alpha and theta waves.  
   b. **Alert**: Dominated by beta waves.  
   c. **Research Findings**: Studies showing distinct wave patterns in different states (reference).
2. **Neurotransmitters and Hormones**  
   a. **At Ease**: Increased levels of serotonin and endorphins.  
   b. **Alert**: Elevated levels of norepinephrine and cortisol.  
   c. **Neurochemical Changes**: The role of neurotransmitters in modulating brain states (reference).

**Physiological Effects**

1. **Heart Rate Variability (HRV)**  
   a. **At Ease**: Higher HRV indicating parasympathetic dominance.  
   b. **Alert**: Lower HRV indicating sympathetic dominance.  
   c. **Implications for Health**: How HRV reflects the balance between stress and relaxation (reference).
2. **Breathing Patterns**  
   a. **At Ease**: Slow, deep breathing.  
   b. **Alert**: Rapid, shallow breathing.  
   c. **Impact on Oxygenation and Health**: The physiological effects of different breathing patterns (reference).

**Psychological Implications**

1. **Cognitive Performance**  
   a. **At Ease**: Enhanced creativity and problem-solving.  
   b. **Alert**: Improved focus and reaction time.  
   c. **Research Insights**: Studies on cognitive performance in different states (reference).
2. **Emotional Well-being**  
   a. **At Ease**: Increased feelings of calm and happiness.  
   b. **Alert**: Heightened vigilance and stress.  
   c. **Psychological Impact**: The role of brain states in emotional regulation (reference).

**Adaptive Significance**

1. **Evolutionary Perspective**  
   a. **Survival Mechanisms**: The adaptive value of being alert.  
   b. **Rest and Recovery**: The importance of relaxation for health and survival.  
   c. **Evolutionary Balance**: How humans evolved to balance these states (reference).
2. **Modern Lifestyle**  
   a. **Chronic Stress**: The prevalence of the alert state in modern life.  
   b. **Need for Relaxation**: The growing importance of practices that induce the at ease state.  
   c. **Lifestyle Changes**: Strategies to achieve a healthy balance (reference).

**Practical Applications**

1. **Mindfulness and Meditation**  
   a. **Inducing At Ease State**: Techniques and benefits.  
   b. **Research Evidence**: Studies showing the impact of mindfulness on brain states (reference).
2. **Stress Management Techniques**  
   a. **Reducing Alert State**: Methods and benefits.  
   b. **Empirical Support**: Evidence supporting various stress management strategies (reference).

**Conclusion** Understanding the brain states of at ease and alert is crucial for enhancing overall well-being. Future research should continue exploring these states to develop effective interventions for improving mental and physical health.

**References** (List of references cited throughout the paper, formatted in APA style)

**Draft Introduction**

The human brain, a complex organ, operates in various states essential for different aspects of life. Among these, two primary states stand out: at ease and alert. The 'at ease' state is characterized by relaxation and calm, often associated with restful activities and downtime. In contrast, the 'alert' state is marked by heightened vigilance and readiness, crucial for responding to immediate challenges and demands. Understanding the neurological underpinnings, physiological effects, and psychological implications of these states is vital for appreciating their roles in daily functioning and overall well-being. This paper delves into the intricacies of these brain states, examining current research and highlighting their significance.

**Draft Section: Neurological Underpinnings**

**Brain Waves and States**

The brain operates through electrical impulses that create patterns known as brain waves, detectable via electroencephalography (EEG). Different brain waves are associated with various mental states. When the brain is at ease, it predominantly exhibits alpha and theta waves. Alpha waves (8-13 Hz) are linked with a relaxed yet alert state, often observed during meditation or daydreaming. Theta waves (4-8 Hz) occur during light sleep and deep relaxation, providing a gateway to creativity and intuitive insights (Deldin, Keller, Gergen, & Miller, 2001).

Conversely, the alert state is dominated by beta waves (13-30 Hz), associated with active thinking, problem-solving, and focused attention. This heightened state of awareness is essential for tasks requiring concentration and quick responses. The distinct patterns of brain waves during these states have been corroborated by numerous studies, highlighting the brain's dynamic nature (Laufs, et al., 2003).

**Neurotransmitters and Hormones**

The transition between brain states involves changes in neurotransmitter and hormone levels. The 'at ease' state sees an increase in serotonin and endorphins, chemicals that promote feelings of well-being and relaxation. Serotonin, often dubbed the 'feel-good' neurotransmitter, plays a crucial role in mood regulation and relaxation. Endorphins, released during activities such as exercise and laughter, act as natural painkillers and stress relievers (Young, 2007).

In contrast, the alert state is characterized by elevated levels of norepinephrine and cortisol. Norepinephrine, a neurotransmitter, enhances alertness and focus by increasing heart rate and blood flow to muscles. Cortisol, known as the stress hormone, is released during the 'fight or flight' response, preparing the body to handle immediate threats (Sapolsky, Romero, & Munck, 2000). Understanding these neurochemical changes provides insights into the brain's adaptability and response to different stimuli.

**Draft Section: Physiological Effects**

**Heart Rate Variability (HRV)**

Heart Rate Variability (HRV), the variation in time between consecutive heartbeats, serves as a reliable indicator of autonomic nervous system activity. Higher HRV is associated with the 'at ease' state, reflecting parasympathetic dominance. This state promotes rest and digestion, allowing the body to recuperate and maintain homeostasis. Research shows that practices like deep breathing, meditation, and yoga significantly increase HRV, underscoring their effectiveness in inducing relaxation (McCraty & Shaffer, 2015).

In the alert state, HRV tends to be lower, indicating sympathetic dominance. This state prepares the body for action, characterized by increased heart rate and blood pressure. While necessary for dealing with acute stressors, prolonged activation of the alert state can lead to adverse health effects, including cardiovascular diseases and mental health disorders (Thayer, Åhs, Fredrikson, Sollers, & Wager, 2012).

**Breathing Patterns**

Breathing patterns also vary between the at ease and alert states. The 'at ease' state is characterized by slow, deep breathing, which enhances oxygenation and promotes relaxation. Techniques such as diaphragmatic breathing and pranayama (yogic breathing) are known to activate the parasympathetic nervous system, reducing stress and improving overall health (Jerath, Edry, Barnes, & Jerath, 2006).

In contrast, the alert state often involves rapid, shallow breathing, a response that increases oxygen intake to meet the body's heightened demands. While beneficial in short bursts, chronic shallow breathing can lead to hyperventilation, reducing CO2 levels in the blood and causing dizziness, anxiety, and other health issues (Courtney, 2009). Understanding these physiological effects highlights the importance of promoting healthy breathing patterns to maintain balance between the brain states.

**Draft Section: Psychological Implications**

**Cognitive Performance**

Brain states significantly influence cognitive performance. The 'at ease' state is associated with enhanced creativity and problem-solving abilities. When the brain is relaxed, it can access different neural networks, allowing for divergent thinking and the generation of novel ideas. Research has shown that activities promoting relaxation, such as meditation and mindfulness, can boost creative thinking and cognitive flexibility (Colzato, Ozturk, & Hommel, 2012).

Conversely, the alert state is crucial for tasks requiring focused attention and quick decision-making. This state improves reaction time and the ability to process complex information rapidly. Studies indicate that moderate stress can enhance cognitive performance by stimulating the release of norepinephrine, which facilitates neural communication and memory formation (Sandi, 2013). However, chronic stress and prolonged alertness can impair cognitive function, leading to issues such as impaired memory and decision-making (Lupien, Maheu, Tu, Fiocco, & Schramek, 2007).

**Emotional Well-being**

The brain states of at ease and alert also have profound implications for emotional well-being. The 'at ease' state promotes feelings of calm and happiness, contributing to overall mental health. Activities that induce relaxation, such as spending time in nature or engaging in hobbies, can significantly enhance mood and reduce symptoms of anxiety and depression (Ulrich, Simons, Losito, Fiorito, Miles, & Zelson, 1991).

In contrast, the alert state, while essential for responding to challenges, is often associated with heightened stress and vigilance. Chronic activation of this state can lead to emotional exhaustion, irritability, and mood disorders. Understanding the psychological impact of these brain states underscores the importance of balancing periods of alertness with activities that promote relaxation and emotional well-being (McEwen, 2007).

**Draft Section: Adaptive Significance**

**Evolutionary Perspective**

From an evolutionary perspective, the ability to switch between brain states has been crucial for human survival. The alert state, driven by the 'fight or flight' response, enabled early humans to respond swiftly to threats, increasing their chances of survival. This state ensured vigilance, quick reflexes, and heightened sensory awareness, all vital for avoiding danger and securing resources (Tooby & Cosmides, 1990).

Equally important is the 'at ease' state, which allows for rest, recovery, and social bonding. This state promotes healing, digestion, and reproductive functions, essential for long-term survival and the continuation of the species. The evolutionary balance between these states reflects the brain's adaptability and the need for both alertness and relaxation in different contexts (Sapolsky, 2004).

**Modern Lifestyle**

In contemporary society, the balance between these brain states is often disrupted by chronic stressors and demanding lifestyles. The prevalence of the alert state in modern life, driven by work pressures, technology, and constant connectivity, can lead to adverse health effects. Chronic stress is linked to numerous health issues, including cardiovascular diseases, mental health disorders, and weakened immune function (Schneiderman, Ironson, & Siegel, 2005).

Recognizing the need for relaxation and practices that induce the 'at ease' state is increasingly important. Techniques such as mindfulness, meditation, and physical activity can help mitigate the effects of chronic stress and promote a healthy balance between brain states. Lifestyle changes that prioritize rest and recovery are essential for maintaining overall well-being in the modern world (Goyal et al., 2014).

**Draft Section: Practical Applications**

**Mindfulness and Meditation**

Mindfulness and meditation are powerful tools for inducing the 'at ease' state. These practices involve focusing attention on the present moment and cultivating a non-judgmental awareness of thoughts and sensations. Research shows that mindfulness and meditation can reduce stress, improve emotional regulation, and enhance overall mental health. Regular practice has been linked to increased alpha and theta brain waves, promoting relaxation and cognitive flexibility (Zeidan, Johnson, Diamond, David, & Goolkasian, 2010).

**Stress Management Techniques**

Effective stress management techniques are essential for reducing the prevalence of the alert state and promoting relaxation. Techniques such as progressive muscle relaxation, deep breathing exercises, and biofeedback have been shown to lower cortisol levels and increase HRV, indicating a shift towards the 'at ease' state. Implementing these strategies in daily life can improve physical health, emotional well-being, and overall quality of life (Grossman, Niemann, Schmidt, & Walach, 2004).

**Draft Conclusion**

Understanding the brain states of at ease and alert is crucial for enhancing overall well-being. These states, shaped by neurological, physiological, and psychological factors, play significant roles in cognitive performance, emotional health, and adaptive behavior. Balancing periods of alertness with activities that promote relaxation is essential for maintaining mental and physical health. Future research should continue exploring these states to develop effective interventions for improving well-being in the modern world.

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