

IRRESISTIBLE BOOK

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What is the book Irresistible about? Irresistible is a study of behavioural addiction and how modern apps have facilitated this rise. The book opens with a strong indictment – Silicon Valley's leaders don't allow their children to spend time on the very apps and devices they create (this Business Insider article has more details).

Why are you addicted to technology and how to set yourself free by Adam Alter? Psychologist Adam Alter provides insight into why explains the science behind why we can't seem to stop such behaviour and offers practical advice for using technology differently, in order to lead a happier life, and to set yourself free.

What is the twist in irresistible? The whole viral video of Jack sticking up for immigrants was set up, as was the whole election. It was planned by Jack and Diana as a means to get donations to the town since it had been struggling for a while, and they knew all the incoming donations would benefit them.

What is the book surrounded by psychopaths about? In “Surrounded by Psychopaths: Or, How to Stop Being Exploited by Others”** it's claimed that “By learning more about your personality type and how you work, you'll be able to see through any psychopath's manipulative behaviours and fend off their attempts to wreak havoc into your life.” Spotting a Psychopath can be ...

What happens to your brain when you are addicted to technology? Internet addiction alters the volume of the brain. The brain changes are similar to those produced by alcohol and cocaine addiction. IAD shrinks the brain's gray and white matter fibers which results in changes to emotional processing and brain functioning.

What is the root cause of technology addiction? The causes of internet addiction are genetics, psychological factors, environmental influences, peer pressure, and

instant gratification. The effects of internet addiction include social isolation, negative online experiences, health risks, sleep disorders, poor academic performance, and impaired relationships.

What is the summary of the prologue of irresistible Adam Alter?

Summary: “Never Get High on Your Own Supply” Almost anyone can become addicted to something given the right circumstances. In modern times, the circumstances are ripe for behavioral addictions. Companies who design tech products and online experiences are skillful at engineering such addictions.

The h Factor of Personality: Why Some People Are Manipulative, Self-Entitled, Materialistic, and Exploitive

Introduction The h factor of personality, also known as the Dark Triad, describes a constellation of traits characterized by manipulation, self-entitlement, materialism, and exploitativeness. Individuals with high levels of the h factor often exhibit negative behaviors that can harm others and society as a whole. Understanding the h factor is crucial for mitigating its detrimental effects.

What is the h Factor? The h factor refers to three distinct but related personality traits: Machiavellianism, narcissism, and psychopathy.

- **Machiavellianism:** Manipulative and deceitful behavior aimed at achieving personal goals.
- **Narcissism:** Grandiose sense of self-importance, entitlement, and a need for admiration.
- **Psychopathy:** Lack of empathy, remorse, and antisocial behavior.

Why Do People Have High Levels of the h Factor? The development of the h factor traits is believed to be influenced by a combination of biological and environmental factors. Genetic predispositions, early childhood experiences, and cultural norms can all contribute to the expression of these traits.

How the h Factor Matters Individuals with high levels of the h factor can have a significant negative impact on others. They may:

- **Exploit:** Use others for personal gain.

- **Manipulate:** Influence others to do things they do not want to do.
- **Deceive:** Lie or hide information to deceive others.
- **Create conflict:** Stir up trouble and create disharmony.

Addressing the h Factor Understanding the h factor is the first step towards mitigating its negative effects. By recognizing these traits in ourselves and others, we can:

- **Set healthy boundaries:** Limit contact with individuals who exhibit h factor traits.
- **Practice empathy:** Cultivate the ability to understand and respond to the emotions of others.
- **Promote ethical behavior:** Encourage and reward actions that align with moral values.
- **Seek professional help:** If the h factor traits are causing significant distress or harm, consider seeking therapeutic intervention.

Transmission Flush or Drain Fill: Which is Best for Tacoma Owners?

Question: What is the difference between a transmission flush and a drain fill?

Answer: A transmission flush involves replacing all of the transmission fluid by pumping new fluid through the transmission to remove contaminants and debris. A drain fill, on the other hand, only drains the old fluid and replaces it with new fluid, leaving some old fluid behind.

Question: Which method is better for Tacoma owners?

Answer: The consensus on Tacoma World is that a drain fill is the preferred method for most owners. A drain fill is less likely to dislodge debris and cause problems than a flush, and it is also more cost-effective.

Question: How often should I get my transmission serviced?

Answer: The recommended service interval for transmission fluid changes varies depending on the model year of your Tacoma. Check your owner's manual for the specific interval for your vehicle. Generally, it is recommended to service the

transmission every 30,000 to 60,000 miles.

Question: What type of transmission fluid should I use?

Answer: Tacoma owners should use Toyota WS (World Standard) transmission fluid. This fluid is specifically formulated for Toyota transmissions and provides the best protection and performance.

Question: Can I do a transmission flush or drain fill myself?

Answer: While it is possible to perform a drain fill yourself, it is generally not recommended to attempt a transmission flush without specialized equipment. If you are not experienced in working on vehicles, it is best to leave this task to a qualified mechanic.

What are laser spectroscopy methods? A frequently used method is laser absorption spectroscopy, where a tunable narrow-linewidth laser (frequently a single-frequency laser) is tuned through some wavelength range, and the light absorption in some sample (i.e., a reduction of optical power of the probe beam) is measured as a function of that wavelength.

What are the 3 basic types of spectroscopy? The three basic types of spectroscopy are atomic absorption spectroscopy (AAS), atomic emission spectroscopy (AES), and atomic fluorescence spectroscopy (AFS). AAS includes methods such as infrared (IR) spectroscopy and ultraviolet-visible (UV-Vis) spectroscopy.

What is the principle of laser spectroscopy? The key concept for the realization of the laser operation is the principle of coherence accompanying stimulated emission. This stimulated emission needs the process of population inversion, for which the lasing medium must have at least three energy levels.

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