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I, Mammal: Why Your Brain Links Status and Happiness

By Loretta Graziano Breuning

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...



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