

## Adult Education

### Disucssion

What did you do?

I worked out at home.

What kind of books do you read?

Maps of Meaning by Jordan Peterson.

What kind of workouts do you do?

I do HIIT.

It doesn't need a lot equipment.

I lost my job.

I want to have a long vacation.

You should try to enjoy the process without seeking for a reward.

They took a group of children who liked to draw, the drew without being asked to do so, they liked it. They started giving them rewards, e.g. a star.

After they stopped giving rewards, children didn't draw anymore.

Children have high brain elasticity.

### Useful Words

1. calisthenics(noun):exercises done with one's body weight(with any equipment)
2. dopamine(noun):a hormone of happiness that is responsible for motivation, and happiness.
3. endorphine(noun):a hormone that activates when we are experiencing stress.
4. runner's high(idiom)
5. apolitical(adj.)