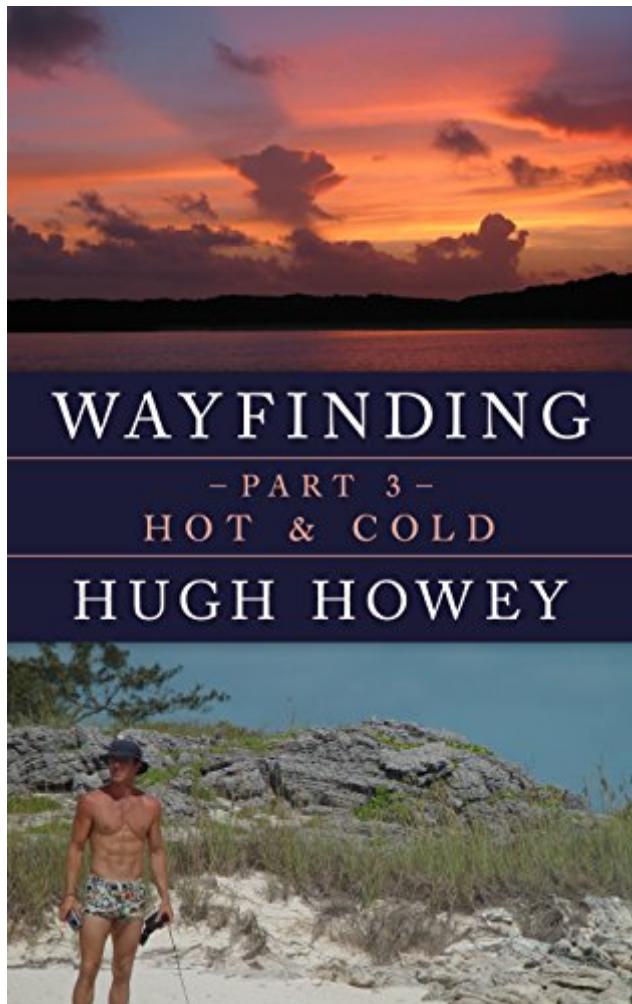


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Wayfinding Part 3: Hot & Cold (Kindle Single)



Synopsis

Much of our thinking happens in what is colloquially referred to as our "Lizard Brain." But what does this mean? How do lizards see the world? How do they think? Answering these questions is a crucial step toward understanding how we think, making better decisions, and Wayfinding toward happiness and emotional growth. Join me as we continue this story of self-exploration, and as I take you back to the first sailboat I ever climbed aboard, and how it nearly killed me.

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Customer Reviews

In this chapter Hugh discusses how our brain works (and by doing so supports his statements in part 2 that we have much less free will than we would like to admit) and goes on to say how we can use the information we know about the brain to make whatever improvements in our life we're shooting for. It's a great chapter in the series, and I look forward to seeing where it goes from here.

Very insightful, thank you Hugh for your curiosity as you put it, this resonates with my soul. Your honesty and transparency are appreciated, your research always backed by personal experience,

hmmm or vice versa, lends validity to this thought provoking series. Will no doubt read them all.

Deep thoughts.

This installment is mostly memoir, but it's all interesting. The information on the function of the brain is not new, but is certainly more readable than other articles I've seen on the subject. Hugh does a great job of explaining things in plain English and with a minimum of words.

As always nicely done! Can't wait to go to the next book! Keep going dude, you are rocking! Fair winds!

This is a great series. I am finding it to be helpful at helping me look at life from a different angle... which thankfully is a good angle!

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