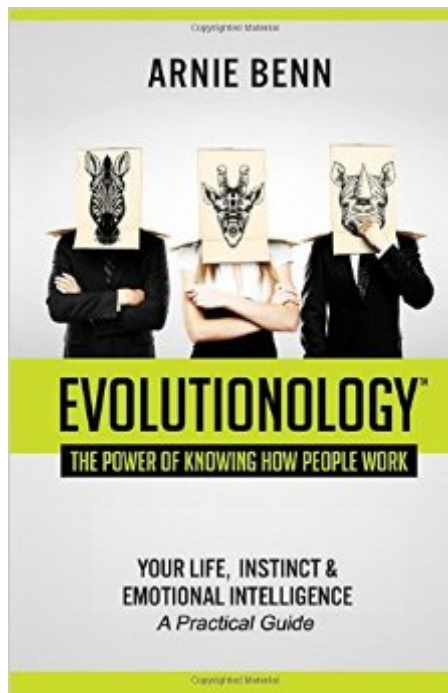


The book was found

Evolutionology: The Power Of Knowing How People Work: Your Life, Instinct, & Emotional Intelligence (A Practical Guide)



Synopsis

Who's really in charge? Your intellect or your survival instinct? Are you smart, sophisticated and evolved, or are you an insecure, emotional group-thinker like the rest of us? Evolutionology represents a new approach to understanding the evolution of the human mind and our psychology. It describes how our survival instinct actually works, how it makes us think and behave, as well as how to regain control and heighten our emotional intelligence. We humans like to believe that we are already evolved, civilized creatures because we are intelligent, but we are clearly not living intelligently. Our lives and world are filled with stress, anxiety and dysfunction. The reason is that our choices are not made by our intelligence, but rather by our survival instinct. Our fears and emotions are behind our decisions, and every action we take is designed to make us feel safer. We do what is comforting, not what is right. We seek corroboration, not truth. We react instead of choosing, thinking emotionally and declaring it intelligent. Seeing this is a necessary first step in order to evolve consciously. Until we do, our inner animal will continue holding the reins and controlling our thoughts and actions, while we will congratulate ourselves on our superiority, correctness, and wisdom. Evolutionology describes self-evident truths that can empower us to better understand people. When we understand how the mind works, we gain deeper insight into the human condition, and with it, the power to effectively and consciously change our lives. FEATURING: The Evolutionology Quiz. In order to bring this to a very practical level, this book features a simple, online multiple choice quiz that will allow you to measure your degree of evolution. But, beware. The results may surprise you. Become an Evolutionary. Join The Evolution Revolution.

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Customer Reviews

A quick side note first of all...I was a bit late to the party with regard to a Kindle reader, but boy am I glad I finally got on board. I still can't believe I can just click a button and a book shows up on my device in a matter of seconds!Anyway....Like many, I am fascinated by our mere existence. What motivates us to do the things we do and think the way we think? How do constructs such as morality and "good vs evil" come into play and what is their origin and/or purpose? What are the strongest determinants of our behavior and the manner in which we interact with others? I've sought answers to these questions in many different arenas and it's always been both fun and fascinating.Mr Benn presents his ideas in a manner that allows the reader to really engage with the material, and it's an enjoyable read from start to finish.Highly recommended!

What started out as an interesting premise turned into a highly subjective approach to a big and complex topic. I'm thankful that he states his attempts at trying to avoid bias, but I think he falls short of these attempts. Especially in the quiz, he directly links people with strong religious beliefs with a less developed sense of spirituality. Yet, I have come to know that life exists beyond dualism, where someone can hold to a particular faith and its traditions while also being open to others, caring and compassionate, etc. I give it three stars because he did, after all, offer the ebook as a free download.

This is a remarkable analysis of our individual assets - biochemical, anatomical, empathetic, intellectual, social, and behavioral. The author, Arnie Benn, has drawn on his exposure to many aspects of life and people and interpreted it in a novel way. It is very readable and once started the reader becomes increasingly drawn into the logic of the book, making it hard to put down. As an MD, including a doctorate in science, I found Benn's concepts fascinating and very meaningful to myself but also to the general public. He has the knack to incorporate scientific principles into everyday experience and raise issues normally not considered in most books.

Thought provoking and insightful. This book gives you a framework for approaching all aspects of life, from relationships to politics to religion. Arnie Benn brings a fresh perspective on the common thread that connects all human behavior. The lessons in this book are tough to swallow, but ultimately they help the reader become more evolved. The interactive tests set the book apart and

give the reader a measuring stick with which to judge their personal growth.

A concise and incisive discussion from someone whose intent is clearly our personal development and improvement -- and consequently, the improvement our entire world. There's no proselytizing nor preaching, just a well-written, common sense approach to concepts that immediately resonate, and make us wonder why they weren't as obvious prior to reading this excellent book.

Strong biases emerged in the reading of this text. There are quizzes included that lead the reader to very predictable conclusions. It wasn't particularly well edited and I couldn't even finish it. That is a rare experience for me.

Excellent read! This book gave me a deeper insight into how our minds work and why we have developed into the people we are today. I highly recommend this book for anyone interested learning more about the human condition on an individual and societal level.

What is a good decision? I spoke to a man the other day who responded by saying, a good decision is the one you make with your gut. After reading Evolutionology, you will understand why this is not true. Benn explores our motivations as humans and what drives us. He explores the opposing forces of the human psyche between our instinct and our higher self, between our emotional brain and our rational brain. His conclusions are fascinating. The book makes one realize how we are blundering on this earth. It gives insight to grave mistakes that are made in politics and by those who lead our world. If more of us were able to master this struggle, what a better planet this would be! The book aims to advance the reader's awareness and ultimately, humanity.

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