



Your Habit Body; An Owner?s Manual: Gut-Brain Axis 2.0 (Paperback)

By Professor of Political Science Bruce Dickson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Second revised edition of Your Habit Body; An Owner s Manual A habit is one or more learned behaviors, conditioned to repeat. Habits are also reactivity conditioned to repeat, stored so they can be played back more automatically, with less conscious effort, than focusing to make a deliberate choice. We have many habits, both conscious and unconscious. We have so many, categories help: Physical habits, Imaginal habits, Emotional habits, Mental habits, and Mythological habits. Convenient to talk about the sum of all these as a Habit Body. Sound like a lot to manage? Our Habit Body manages these automatically for Conscious Waking Self. Our Habit Body is our nearest and dearest friend. It records and remembers daily routines for us, so we don t have to re-learn the same behaviors every day anew. Our job as Conscious Wakeful Self? You and I, we re the Habit Sequencers, the Behavior Schedulers, the Habit Managers and Superintendent of Behaviors. We manage-edit-revise-upgrade the habits our Habit Body readies to play back moment to moment. This begs a question: If this is so, how come...



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