Quirk Brain Science Makes Sense Of Your Peculiar Personality Hannah Holmes

#quirk brain science #peculiar personality #understanding quirks #personality traits explained #neuroscience of personality

Hannah Holmes' 'Quirk Brain Science' offers a fascinating exploration into the neurological underpinnings of our distinctive personalities. This insightful work helps readers make sense of their unique traits, providing a scientific perspective on what makes each individual wonderfully peculiar.

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Quirk- Hannah Holmes | Book Review | Joanne Manaster - Quirk- Hannah Holmes | Book Review | Joanne Manaster by Joanne Manaster 1,728 views 13 years ago 2 minutes, 44 seconds - Joanne reviews **Hannah Holmes**, new book "Quirk," Brain Science Makes Sense, of your Peculiar Personality," What do you have in ...

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Intro

territorial animals

shortcomings

permeable boundaries

the read brain

the amygdala

the blue brain

the criminal

black and white

modern context

food stealers

complimentary brain type

can we appreciate each other

conclusion

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here are 5 HACKS they use to read so much

Don't finish bad books

Set TINY goals

Use this wallpaper

Read in two languages

Make it uncomfortable

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Why Does Your Story Matter

Mind Story Connection

Three-Act Story Structure

Live Training Replay

How our brains shape our destiny | Hannah Critchlow | TEDxExeter - How our brains shape our destiny | Hannah Critchlow | TEDxExeter by TEDx Talks 11,400 views 2 years ago 15 minutes - What **made**, you the person you are today? Renowned neuroscientist, broadcaster and author Dr. **Hannah**, Critchlow explains how ...

Introduction

Your brain operates as a prediction machine

The power of electricity in the nervous system

How much of our destiny is inherited?

Epigenetics - memories passed down generations

How easy is it to break habits in our behaviour?

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Intro

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- 36. Think and Grow Rich
- 35. Unscripted
- 34. The Essence of Success
- 33. Atomic Habits
- 32. The 7 Habits of Highly Effective People
- 31. The 12 Week Year
- 30. The Art of Getting Things Done
- 29. Essentialism
- 28. So Good They Can't Ignore You
- 27. The Unfair Advantage
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- 21. The Intelligent Investor
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- 6. The 48 Laws of Power
- 5. The E Myth
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Introduction

SOS: Help Operation Underground Railroad free kids from slavery

Why does everyone hate Captain Marvel?

What makes a character strong?

Captain Marvel vs Black Widow

Character Analysis: Carol Danvers

What about the amnesia trope?

Do emotions = weakness?

Character Analysis: Natasha Romanoff

Final thoughts

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Why Does Your Story Matter

Does My Subplot Directly Engage with or Impact the Main Character

Make Your Subplots Matter to Your Protagonist

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ask to think about a wild animal on the count of three

name one single digit between 1 and 30

keep the house lights on for a moment

keep your eyes firmly closed

revealing your pin code

think about the first digit of your pin code

do not think about the second digit of your ping codes

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The Happiness Hypothesis

Atomic Habits

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I Will Teach You

Journal

Art of Not Giving an F

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Motivations

Aaron Price

Understanding the struggle

Developing an antihero

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How to Win Friends Influence People

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The 7 Habits

Breaking the Habit of Being Yourself

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Unlimited Power

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- Ch. 21: Have Courage...
- Ch. 22: Be Faithful...
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- Ch. 26: Selfish Ease...
- Ch. 27: Be Sober...
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