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7 Gut Instincts You Should NEVER Ignore * LonerWolf

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5 Gut Instincts You Don't Want to Ignore - Lifehack

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Gut instinct definition and meaning | Collins English ...

In a literal sense, gut feeling is an instinctive feeling rather than intuition. Instinctive feelings are felt in the gut because our brain signals chemical releases that work to slow or stop our digestion when we feel threatened by harm, attack or some other perceived danger. This is an ancestral response. It aims to prepare humans for action.

Instinct vs Intuition. When to Trust Your Gut Feeling

“We often talk about intuition coming from the body — following our gut instincts and trusting our hearts,” the study’s coauthor Barnaby D. Dunn, of the Medical Research Council Cognition and Brain Sciences Unit in Cambridge, UK, said in a press release. “What happens in our bodies really does appear to influence what goes in our minds.

Your Gut Feeling Is Way More Than Just A Feeling: The ...

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