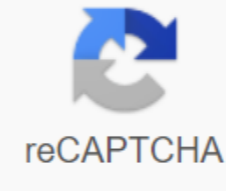




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Behave robert sapolsky pdf

If you're something like me, then you have a thirst for knowledge and consume a lot of content, whether through books, audiobooks, podcasts, blog posts, keynotes, conversations or a combination of all of them above. And if you're something like me, you wish you'd kept more of what you actually consumed so you could easily recall it later, either to support your work or a conversation you have. I've already published an article on learning how to learn in which I detailed some of the different methods I use to keep more of what I consume that included techniques like typing notes that I emphasize in a book, incorporating what I learned into a blog post, if not teaching others what I learned and best of all , applying what I've learned. However, while the above techniques work very well to remember pieces from a book for example, it did not help me to keep all the key points. So I decided to start writing book summaries, not only to help my own learning and retain key elements of information, but also to help you speed up your learning. Although I'm certainly not at the level of some self-taught people I know, during a typical year I've read about 40 books, listen to about 20 audiobooks, listen to at least 500 podcast episodes, read countless blog posts and have over 100 conversations on my podcast with thought leaders in their field. As such, I hope to bring you a lot of value by making these book summaries, which will also be available on my podcast. I decided to kick off with neuroendocrinologist Robert Sapolsky's 2017 book, Behave: The Biology of Humans at Our Best and Worst, which was by far the best book I've read this year. I distilled the 680-page book into 40 pages Google Doc notes and now aim to further distill some of the key points in this blog for your consumption. The only thing I absolutely liked about this book is that it clearly demonstrates how taking sides in life is loaded with madness. Time and time again throughout this book Sapolsky will point to various studies and arguments that convince you of a position, only to pull the carpet from under your feet with an equally convincing counter-argument. Becoming more comfortable with the notion of strong, weakly held opinions and seeking information not only to prove or validate your point of view, but also to discredit and invalidate it, will lead to the fairer solution. However it's about almost anything, we can almost never say we're quite right because there are so many potential variables and bits of information that we're just not taking into account. We can never make the fairest decision at the moment based on the information we have at our disposal, how we choose to interpret that information, what our goals are and more period of time we want to reach them.— -Author: Robert Morris Sapolsky (born April 6, 1957) is an American neuroendocrinologist and author. He is currently Professor of Biology and Professor of Neurology and Neurological Sciences and, as a courtesy, Neurosurgery at Stanford University. He appeared on the Joe Rogan Experience.Length: 680 pagesPremise: The book aims to answer, or at least help us better understand the possible answers to the question, Why does chicken cross the road? Chicken is of course proverbial to us human beings. Rating: 11/10 (yes, in the immortal words of Spinal Tap Nigel Tufnell, it goes up to eleven!) Key LearningIn this age from left to right, Behave warns against labels. Putting the facts in beautiful buckets of properly delineated explanations has its advantages, says Sapolsky. It can help us better remember the facts, but it can wreak havoc on our ability to think about those facts and form our own opinions. Based on the previous point and in line with the notion of strong opinions, weakly held, the book clearly demonstrates that, depending on his academic or verbose inclinations, their views will vary considerably. If you asked a neuroendocrinologist why the chicken crossed the road, it is because of estrogen levels making it more sensitive to male signaling, a bioengineer would say that the long bone in the chicken pivot forms a pivot for its pelvis, allowing it to move forward, while an evolutionary biologist would say that over the course of millions of years chickens that responded to research gestures at a time when they were fertile left copies of genes. Sapolsky encourages us to always think in this interdisciplinary way. Our behaviors are influenced by a multitude of factors, some that occur a few seconds before the action takes place thousands of years ago. For example: A second before: neurologicalPrevious seconds to a few minutes before: environment and sensory stimuliHours to days before: hormonesThousands years before: geneticsFact: The opposite of love is not hate. It's indifference. Love is the lighting of dopamine reward systems in the brain. The absence of such brain activity is not hatred. The most central brain regions of the book are the amygdala, the frontal cortex, and then the dopaminergic system. Brain regions: the lizard brain (automatic regulation functions) the limbic system (emotions); and the frontal cortex (working memory, reason, cognition, postponement of gratification). The frontal cortex: The key behavior influencing the regions of the frontal cortex are: - ventromial prefrontal cortex/vmPFC (emotion); and-cortex dorsolateral/dlPFC (logical)They are perpetually in the battle for domination. The frontal cortex is not totally in line until someone is in their mid twenties! The reason we can have dreams that in everyday life would be considered crazy crazy because while we're in PARADOXAL sleep, the frontal cortex goes offline and as Sapolsky says, script-writers run wild! On the will: it is not a thing invented. It's a reflection of cognitive load. Make the frontal cortex work hard and its ability to make good decisions decreases. Interestingly, Sapolsky found that otherwise liberal thinkers are likely to make conservative decisions when the cognitive load is high. DopamineThe dopaminergic system is a matter of reward (which is why our smartphones can be so addictive). Blunt dopamine receptors is the inability to feel the pleasure that can lead to depression. Similarly, it can also force us to bear the dragon of past days by seeking greater intensity or frequency of activity. Hello third ecstasy pill! As human beings, the more frequently we consume, the more hungry we are (see hunt the dragon above). On the uncertain environment in which we find ourselves: well calibrated risks are considered addictive for the brain (for example, gambling) while total ambiguity only stirs. If you are looking to play in an environment that is fraught with uncertainty, use calculated risks to make the sale/get the stakeholders buy-in/make the decision, amygdale etc. Amygdale processes information much faster than you become aware of. Unfortunately, it is also wired to identify threat analysis, and its information, although processed quickly, is often inaccurate accordingly. It tends to exaggerate threats and force us to fear. Fear obscures judgment. If the fears are often exaggerated or unwarranted, we will move away from events that, if we had followed them, would have brought us closer to our objectives. To blunt the negative effects of the amygdala, slow down and let your prefrontal cortex catch up! This will be familiar to readers of Daniel Kahneman's work on systems 1 and 2 thought. TestosteroneOne for single boys: Heterosexual women prefer the smell of high testosterone men (so Google how to boost your testosterone now. Warning for single guys who are probably already googling away, testosterone stimulates impulsivity and risk-taking, making people make the thing easier when is the stupid-ass thing to do. Background If you are an accused in court, try to get a session after the judge returns from lunch. Hungry people are less charitable. In a study more than 1,100 prisoners in court order were granted parole at about 60% when the judge recently eaten and at a rate essentially 0% just before 8.matters Context judge: If people are told that a drug has a survival rate of 95% doctors are more likely to approve it then when told the drug has a mortality rate of 5%. Identification with a group counts: Asian American women who took a math test and were put to the task of thinking about their being women performed worse in mathematics than men, but when they were put to think. Think. Asians in advance, they performed better. The spectator effect: The more people present in an emergency, the less likely you are to help. This is because we think there are a lot of other people around so someone else is going to take a step forward. The spectator effect occurs on dangerous situations, where the price of the advance is a drawback. OxytocinOxytocin, the hormone of love, makes us more prosocial for us and worse for everyone. In other words, oxytocin depends greatly on the context, who you are, your environment and who that person is. Stress - GoodStress can be good: What do we call this optimal amount of stress? Be engaged, absorbed and challenged. Be stimulated. The total absence of stress is averisely annoying. Moderate and transient stress is wonderful. ChildrenAdolescence is characterized not only by more risk-taking, but by more novelty seeking as well. What do children need from their mothers? Love wants consistency and reliability to stimulate the reactivity of affection. In their absence, you get anxiety depression. Monkeys abused by their mothers are more likely to become abusive mothers. A lot of adversity and the amygdala becomes bigger and overactive. Childhood adversity accelerates tonsilloid maturation in a particular way. The importance of parenting in the formation of a child's adult personality is exaggerated. Once children pass is surprisingly young peers of age are the most influential. Parents can still play an important role in influencing their children's peer groups. DNA and geneticsIn a reductionist view, understanding something complex requires breaking it down into its components, understanding these components and behavioral traits, including flushing toilets before use. CultureCulture is this complex set that includes knowledge, belief, high, morality, law, custom, and all other abilities and habits by man as a member of society. Culture is on the list of behavioural factors. Culture is about ideas and symbols rather than mere behaviours in which they are embedded. A remarkably consistent finding starting with elementary school students is that men are better at math than women. Although the difference is my knowledge when it comes to considering Scores there is a huge difference when it comes to mathematical stars at the top extreme of the distribution. 1993 for every girl scoring in the highest percentile on SAT there were 11 boys. The more equal the country is on gender, the less there is a difference in math scores. In other words, culture is important. When an ethnic area of about 20 to 60 km in diameter, they identified the theoretically most violent places, which remarkably predicted the sites of major fighting and massacres in the Yugoslav war. Love and MarriageCue 'Married With Children' theme song. We are not classically monogamous or polygamous. Like everyone else, from poets to divorce lawyers can be a test, we are by nature deeply confused, slightly polygamous floating somewhere in between. The most common cause of individual human violence is competition between men and men for direct or indirect access to women's reproduction. And then there is the dizzyingly common male violence against women for coercive sex or as a response to rejection. A child is much more likely to be abused or killed by a step-mian than by a parent. Culture EvolutionCaptive silver foxes were bred for their willingness to be close to humans and within 35 generations the fox's work team and you could cuddle them in your arms. Interestingly, the opposite happened in Moscow which has a population of 30,000 wild dogs dating back to the 19th century. Most dogs from Moscow and now descendants of generations of wild dogs and overtime have evolved to a unique pack structure, to avoid humans, and no longer wag their tails. In other words, their evolution into something wolf like. We and themDuring the filming of planet of the apes during lunchtime people playing fleas and those who play gorillas eat in separate groups. There are two kinds of people in the world who divide the world into two kinds of people and those who don't, Robert Benchley. There are others first. And it's very consistent when people are divided into us and them, in groups and outside, people and others. Is there any hope that humanity will calm down and xenophobia can fade so that the extra chimpanzees and gorillas of Hollywood break bread together?50 millisecond exposure to the face of someone of another race activate the amygdala. Similarly, the brain groups faces by sex or social status at about the same rate. People preferably allocate resources to Anonymous among group individuals. Ostentatious arbitrary herbal trades. We feel associations with people who share the most meaningless traits with us. Not only is mimicry pleasant and activates mesimimic dopamine, but it has also made subjects more likely to help the researcher pick up the abandoned pin. You can use it in sales. Show an infant a picture of someone several times, she looks at him less every time. Not sure different face if she can't tell both she barely looks at her. But if it is recognized as being you there is excitement and more looking. Naturally, we are looking for novelty. Take the example of Rudy Giuliani, who grew up in Brooklyn in an Italian-American enclave dominated by organized crime. Juliana's father has time for armed robbery and then worked for his brother-in-law a shark ready for the mafia. Julianna Rose to national prominence in 1985 as a prosecutor prosecuting the five families in the market commission trial actually destroy them. He was strongly motivated to counter the stereotype of Italian-American as a synonym for organized crime. He said that and if that's not enough to eliminate the prejudices of the mafia, then they probably couldn't be something you could do to remove it. If you want someone to pursue the mafiosi with intense tylers, get a proud Italian-American outraged by the stereotypes generated by the Mob.Cooperation between groups blooms when there are an uncertain number of tricks to play. During the First World War, it took a day for the British against the German to be subordinated to something more important, all of us in the trenches against the desk is in the back that wants us to go back to killing each other. This is in reference to his Christmas Day truce where soldiers on both sides spent the day singing the prayer feast and playing football as well as exchanging gifts. Ho Chi Minh rejected the offer of Chinese troops on the ground during the Vietnam War saying that the Americans will leave in a year or a decade, but the Chinese will stay for a thousand years if we let them in. The orientation of social domination measures how someone values prestige and power, and right-wing authoritarianism measures how someone values centralized authority. Hi sd individuals through the biggest increase in automatic prejudices when you feel threatened. Stress - BadStress can be bad for you. We no longer die from smallpox all plague and die instead of lifestyle stress-related diseases like heart disease or diabetes or damage slowly accumulate over time. Social status and political persuasionWe are intentionally interested and adept at spotting differences in rank.14 seconds is all we need to reliably distinguish between the dominant face and a subordinate face. From theorador adorn 1950 years ago people suggested that lower intelligence predicted adherence to conservative ideology. More coherent was a link between weak intelligence and a subtype of conservatism namely right-wing authoritarianism a penchant hierarchy. Right-wingers are relatively intellectually uncomfortable with ambiguity Leftists will think harder and have a greater capacity for what political scientist Philip Tetlock calls integrative complexity. In one study, conservatives and liberals when asked about the causes of poverty candidly towards personal attributions such as lazy, but only if they are to make snap snap Give more liberal time moved to the situation or explanations however the Conservatives start with their guts and stay with their guts, the Liberals go from the gut to the head. The increase in the word cognitive makes liberals more conservative. The temporal pressure of instant judgments is a version of the increased cognitive load. Similarly, people become more conservative when they are tired from pain or distracted by a cognitive task or when blood alcohol levels rise. In a study of more than 1,100 pending prisoners, inmates were granted parole of about 60% when judges had recently eaten and had been at a critical rate of 0% just before the 8.Liberals believed that our best days are ahead of us, where the Conservatives consider our best days to be behind us. ('make America great again') Group identity/BelongingSendissing out there everyone doesn't agree with you activating something in your mind that tells you that you're different and that to be different - be wrong. The greater the activation of the circuit, the greater the probability of changing the response. This has to do with the engagement in the emotional vmPFC.Bad barrel theory: the question is not how some bad apples can ruin the whole barrel, it's how barrel can turn any bad apple. On the bright side, some apples, even in the worst barrels, do not go bad. The first is the persuasive power of the incremental. You were ok shocking the guy with 225 volts, but not with 226? It makes sense. The ethics of virtue - the emphasis on the actorDeontology - the emphasis on the actConsequencestesis - the emphasis on the result. We achieve our best long-term strategic consequence decisions when we engage in both reason and intuition, the amygdala and the dlPFC. Data - gut - best decisions. The dlPFC makes you do the hardest thing when it's the right thing to do. Ironically, the strong human propensity for imitation may have a drawback. You want to study chimpanzees and children watching the adult man repeatedly access a treat inside a

puzzle box. Above all, the person added various foreign movements. By exploring the box themselves afterwards, the chimpanzees have imitated only the steps necessary to open it, where the children are imitated, copying the superfluous gestures too. Josh Greens is the tragedy of the commons compared to the tragedy of the common sense of morality have acted morally towards an ass is automatic while doing it for a text work them. Quote: Mother Teresa if I look at Mass, I will never act. If I look that I'm going to, and they become less generous and empathetic. In a 2014 article entitled Against Empathy, Paul Bloom explored the ways in which empathy can lead to acts of compassion that are far from ideal. There is the realm of what has been called pathological altruism the type associated with co-dependency. It is not great if a parent and so distressed by the child being in distress that they give up vaccination. Much of the training of Professionals teach them to keep eBay empathy. Bloom also points out how empathy pushes us towards psychologically easy acts that generate the least cognitive load. In 2015, Tavern Price, a mentally disabled 19-year-old, was killed by gangbangers in Los Angeles for wearing red shoes, the color of a rival gang. His last words in front of his mother were Mum please I don't want to die of honey please. When people cheat or do bad things, they often wash their hands or have a shower to feel better afterwards. Washing decreases and emotional arousal as it decreases the diameter of subject students. Washing your hands to absolve yourself of your sins is known as the Macbeth effect. Dehumanization and pseudo-specification are the tools propagandists use to pedal hatred. Their tools used to make them look disgusting to make them look like a rodent has cancer as a kind of transition to make them as smelly Lee reading as living in the hives and chaos that normal man would be. Free Will Sapolsky interpretation of Free Will. There's the brain-you are on neurotransmitter neurotransmitter receptors Pacific transcription epigenetic factors effects dream effects transpositions during your agensis. Aspects of brain function can be influenced by someone's prenatal environment genes and hormones if their parents were authoritative or egalitarian culture and if they witnessed childhood violence and when they had breakfast. It's the whole shebang. And then separated from that in a concrete bunker hidden in the brain fits a small man, the homunculus. The homunculus makes decisions. The homunculus is in your brain, but not of it, operating independently of the material rules of the Universe that make up modern science. Free will is an illusion, but you are always responsible for your actions. Our ability to free will take the lead with decisions that are slow and deliberative where biological factors are can push the free road into situations of second fractional decision. The frontal immaturity of the adolescent brain is more relevant for fraction-of-second issues of impulse control and for slowing down deliberative reasoning processes. Or in an attenuated freewheel frame, rapid behaviors can occur while the homunculus have gone to the toilet. Your brain decides to move before you even know it. How can you claim to have chosen to move with the Cascade of neural signaling, nanting in motion started before you consciously You have to be so smart that you have to have worked so hard when you hire the kids to work hard, they tend to work harder next time show more resilient enjoy the process more and become more likely to value the achievement. Press kits to be smart and the opposite happens. When it becomes all about being smart if it becomes suspicious and below you-after all if you really are smart, you shouldn't have to work hard. Steve Pinker has not managed to take a more logical step in his book Enlightenment Now. It did not correct for different event durations. He compares the half-dozen years of the Second World War with 12 centuries of the middle-aged slave trade! During the correction for the duration as well as the total world population the 10 most violent wars now include the Second World War, the First World War, the Russian Civil War now and another event of the 20th century that did not even make the original list of Pinker, the Rwandan genocide. Religion Fascinationly over the last century the Scandinavian countries are developing their latent and far-reaching system of government to support people's social needs, religiosity their dramatic fall; today, only a small minority of Scandinavians have put religious value. So really geocity may not be as robust in the future as one might think. As secular institutions become better take care of people's needs religiosity clients. Probably more important, this is a good demonstration of their religion is certainly not the only way for very inclusive in group prosociality. Irrational optimism can be great; this is why 15% instead of 99% of humans become clinically depressed. Mic Images of hooliganism in football show that few people fight. Most are on the sidelines to look at or run like restless chickens without a head. Fear of war Fuffed nearly 27,000 single-load muskets recovered from the field at the Battle of Gettysburg, nearly 24,000 of them were loaded and without fire; 12,000 people charged several times. In the heat of battle, most men would charge, tend to injure soldiers, flee or marvel in a state of dizziness. Similarly, during World War II, only 15-20% of Fusiliers had already laid down their weapons. When they fired, it was for their comrades, not for the cause. Autonomous drone pilots sitting away from the oceans are still suffering from PTSD by watching what they do from afar. Therefore, one does not need to be personally at risk to develop PTSD. The deepest trauma is not the fear of being killed, it is to make the individualized close-up kill - watching someone for weeks and then turning them the color off the ground. Sapolsky leaves us with these words of caution. Those who do not remember the past are doomed to repeat it. It.

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