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Dangerous Instincts teaches you how to go beyond the gut feelings that get so many people into trouble. In this book you'll find a simple analytical process that will help you to more accurately detect danger, deceit, evasiveness, and more. You'll learn about dangerous behavior,

DANGEROUS INSTINCTS - Dr. Mary Ellen O'Toole

As your gut instinct is the most ancient and primal "sixth sense" you have, it is the one you can rely upon the most. One example of your gut instinct in action would be deciding to spontaneously avoid walking down a road at night because



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Something “feels off.” That feeling is your gut instinct warning you that danger is afoot.

## 7 Gut Instincts You Should NEVER Ignore ? LonerWolf

Negative or warning instincts are often accompanied by: Icy cold hands and feet; an overall chill Twinging or clenching pain in gut or chest Nausea or acid stomach A sense of being on “high alert” Fatigue or loss of energy Onset of headache

## 5 Gut Instincts You Shouldn't Ignore - Experience Life

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potentially hazardous waters.

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It is here that the instincts and intuition work as well. When the neurotransmitters fire up, you get the “butterflies” in your stomach sensation. Deepak Chopra. Wellness guru, Deepak Chopra says “You can trust your gut feelings a little more because your gut cells haven’t yet learned how to doubt their own thinking.

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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.

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## Instinct vs Intuition. When to Trust Your Gut Feeling

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