



# The Caveman Rules of Survival: 3 Simple Rules Used By Our Brains to Keep Us Safe and Well

*Dawn C. Walton*

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The subconscious is overdue a software upgrade. This primitive and emotional part of your brain follows rules for keeping you safe and well based on the caveman days, where sabre-toothed tigers and other predators were the biggest threat. If you have ever had a battle going on in your head between what you believe you want to do, and the part of you that seems to hold you back, then this book is for you.

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