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An interview I had with CLTV about my first psychology book, Battling the Inner Dummy.

Battling The Inner Dummy - YouTube

For popular psychology writer David Weiner, "id" stands for "Inner Dummy," the part of the brain that we must come to understand if we are ever to know why we do foolish, irrational, and compulsive things. Drawing on the groundbreaking theories of evolutionary psychology, Battling the Inner Dummy localizes the source of our irrationality in the limbic id-the most primitive part of our brain that endlessly thirsts for status, sex, territory, nurturance, and survival.

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Battling the inner dummy : the craziness of apparently normal people. [David L Weiner; Gilbert M Hefter] -- A look at how people's lives can be distorted by the id's, "thirst for status, sex, attachment and terror". and how to deal with it.

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