

Heartwarming: How Our Inner Thermostat Made Us Human

In a world full of fascinating creatures and diverse species, humans stand out as truly exceptional beings. We possess intricate characteristics and abilities that set us apart, one of which is our remarkable inner thermostat. This remarkable attribute plays a crucial role in our ability to experience heartwarming emotions, connect with others, and truly understand what it means to be human.

When we think of the word "thermostat," we generally associate it with regulating temperature in our homes or offices. However, our inner thermostat goes beyond just controlling our body temperature; it extends to our emotional well-being as well.

At the core of our being, nestled deep within us, lies an intricate web of emotions. Our inner thermostat serves as a mechanism that maintains the delicate balance of these emotions. It helps us navigate through life's challenges, allowing us to experience love, joy, empathy, and compassion.



Heartwarming: How Our Inner Thermostat Made Us Human by Arnold Yates (Kindle Edition)

★★★★☆ 4.6 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 293 pages



One of the most heartwarming aspects of our inner thermostat is its ability to generate empathy. Empathy is the human ability to understand and share the feelings of another person. It enables us to connect on a deeper level, forging meaningful relationships and fostering a sense of unity among us. This innate gift allows us to support and uplift one another during difficult times, creating a heartwarming bond that makes us truly human.

Additionally, our inner thermostat plays a pivotal role in another heartwarming phenomenon: the act of kindness. Kindness is the expression of genuine concern and care for others. It is the invisible force that binds us together as a species, promoting harmony, and reinforcing the vital connections we have with one another. Our ability to feel empathy triggers acts of kindness, and these acts, in turn, warm our hearts and fill our lives with meaning and purpose.

Moreover, our inner thermostat also contributes to the intricate dance between love and compassion. Love is a powerful emotion that transcends boundaries and unites us with others. It is the foundation of deep emotional connections and lasting bonds. Compassion, on the other hand, is the ability to recognize and alleviate the suffering of others. These two emotions are intertwined, and our inner thermostat allows us to experience both, enhancing our understanding of humanity's potential for warmth and healing.

As complex beings, we are not immune to the ups and downs of life. Challenges and hardships arise, and our inner thermostat often feels the impact. However, it is precisely during these difficult moments that the true power of our inner thermostat shines through. It helps us find strength within ourselves and

encourages us to extend that strength to others, creating a heartwarming ripple effect that extends beyond our own lives.

Our inner thermostat is a gift that makes us inherently human. It allows us to rise above our differences and reconnect with our shared humanity. Through empathy, kindness, love, and compassion, we are able to nurture a heartwarming world where everyone feels seen, heard, and understood.

In , our inner thermostat is an extraordinary attribute that showcases the essence of being human. It enables us to experience heartwarming emotions, forge deep connections, and navigate through life's challenges. It reminds us that we are all connected and that, at our core, we are capable of incredible acts of kindness and love. Let us celebrate this remarkable aspect of our humanity and continue to spread warmth and compassion to all those we encounter.



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An illuminating investigation of core body temperature regulation and its powerful effect on human civilization.

A hot cup of tea, coffee, or cocoa is calming and comforting—but how can holding a warm mug affect our emotions? In *Heartwarming*, social psychologist Hans Rocha IJzerman explores temperature through the long lens of evolution. Besides breathing, regulating body temperature is one of the most fundamental tasks for any animal. Like huddling penguins, we humans have long relied on one another to maintain our temperatures; over millennia, this instinct for thermoregulation has shaped our lives and culture.

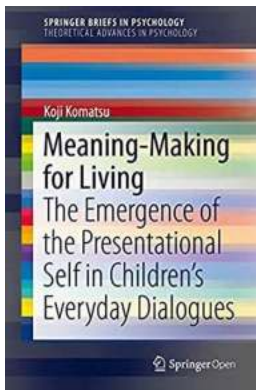
Temperature contributed to our evolution—our upright walking, our loss of fur, and our big brains—and now continues to affect our lives in unexpected ways, and the link from a warm mug to our emotions is anything but straightforward. Studies have shown, for example, that a chilly deliberation room can predispose a jury to convict and that a cold day can make us more likely to buy a house. Our mind-body connection works the other way, too: thinking about friendly or caring people can make us feel warmer. Understanding how we subconsciously strive to keep our temperature in an optimal range can help us in our relationships, jobs, and even in the world of social media.

As IJzerman illuminates how temperature affects human sociality, he examines fascinating new questions: How will climate change impact society? Why are some people chronically cold, and others overheated? Can thermoregulation keep relationships closer, even across a distance? The answers offer new insights for all of us who want to better understand our bodies, our minds, and each other. *Heartwarming* takes readers on an engaging journey through the world, seen from the perspectives of coldness and warmth.



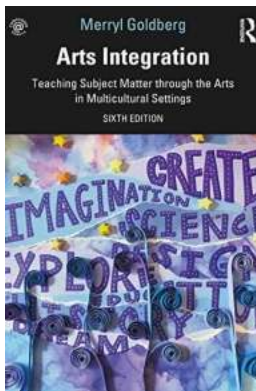
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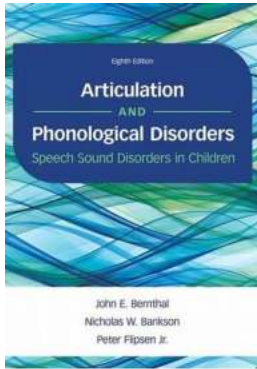
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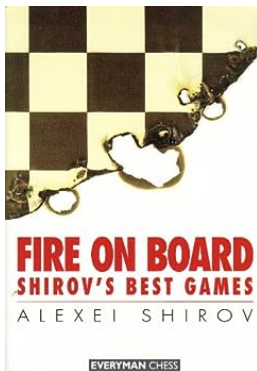
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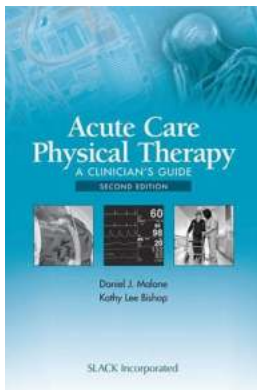
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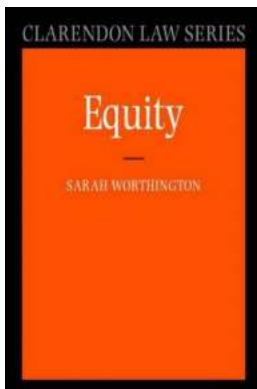
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