

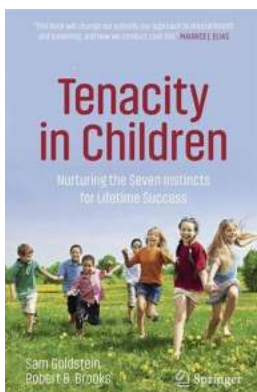
Nurturing The Seven Instincts For Lifetime Success

In today's fast-paced and competitive world, finding success can be a challenging endeavor. Many factors come into play, including skills, education, and opportunities. However, one often overlooked aspect of achieving lifelong success lies within our natural instincts.

Humans possess a set of primal instincts that have been developed over thousands of years of evolution. These instincts have helped our ancestors survive and thrive in the face of constant challenges and dangers. While modern society has masked some of these instincts, they still play a crucial role in our ability to achieve long-term success.

The Seven Instincts

Understanding and nurturing these seven instincts can provide a significant advantage in all aspects of life:



Tenacity in Children: Nurturing the Seven Instincts for Lifetime Success

by Sam Goldstein (1st ed. 2021 Edition, Kindle Edition)

★★★★☆ 4.2 out of 5

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| Language | : English |
| File size | : 743 KB |
| Text-to-Speech | : Enabled |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Screen Reader | : Supported |
| Print length | : 244 pages |



1. Instinct for Adaptability

The ability to adapt to new situations and changing environments is essential for success. Those who can quickly adjust their strategies, learn new skills, and embrace change are more likely to thrive.

2. Instinct for Curiosity

Curiosity fuels innovation and drives continuous learning. It is what keeps us exploring new ideas, asking questions, and seeking growth. Nurturing curiosity helps us stay ahead of the curve and discover new opportunities.

3. Instinct for Resilience

Resilience allows us to bounce back from failures and setbacks. It's the ability to persevere in the face of adversity, learn from mistakes, and use setbacks as stepping stones towards success.

4. Instinct for Empathy

Empathy enables us to connect with others on a deeper level. It's about understanding and sharing the feelings of others, building strong relationships, and effectively collaborating towards common goals.

5. Instinct for Intuition

Intuition is our innate ability to understand and make decisions based on a gut feeling. Nurturing this instinct helps us trust our inner voice, make quicker and more accurate decisions, and seize opportunities others may overlook.

6. Instinct for Focus

Focus is the art of directing our attention and energy towards specific tasks and goals. Developing this instinct helps us block out distractions, stay committed to our objectives, and achieve higher levels of productivity.

7. Instinct for Optimism

Optimism is the belief that things will work out for the best. Nurturing this instinct helps us maintain a positive attitude, overcome challenges with grace, and attract opportunities through a can-do mindset.

Unleashing the Power of Instincts

Nurturing these instincts requires intentional effort and practice. Here are some strategies to help you unleash the power of instincts:

1. Embrace Continuous Learning

Cultivate a lifelong learning mindset by seeking out new knowledge and skills. Attend workshops, read books, and engage in stimulating conversations to fuel your curiosity and expand your horizons.

2. Build Emotional Intelligence

Develop your ability to understand and empathize with others. Practice active listening, engage in perspective-taking exercises, and foster meaningful connections to strengthen your instinct for empathy.

3. Embrace Change and Uncertainty

Step out of your comfort zone and expose yourself to new experiences. Embracing change and uncertainty helps you develop adaptability and resilience, allowing you to thrive in any situation.

4. Cultivate Mindfulness

Embrace mindfulness practices to improve focus and sharpen your intuition. Meditation, deep breathing exercises, and self-reflection can help you tap into your inner wisdom and make better decisions.

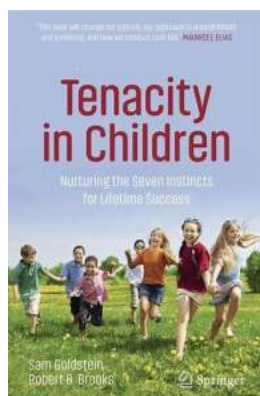
5. Surround Yourself With Positivity

Build a supportive network of like-minded individuals who share your optimistic outlook. Surrounding yourself with positivity can uplift your spirits, inspire you, and fuel your drive for success.

6. Embrace Failure as a Learning Opportunity

View failures and setbacks as valuable learning opportunities rather than permanent defeats. Seek lessons from your mistakes, adjust your approach, and persevere towards your goals with renewed determination.

Nurturing the seven instincts for lifetime success can be a game-changer in today's competitive world. By understanding and harnessing the power of these primal instincts, you gain an undeniable advantage in your pursuit of long-term success. Cultivating adaptability, curiosity, resilience, empathy, intuition, focus, and optimism will set you on a path towards fulfillment and achievement like never before.



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Tenacity in Children examines how multiple generations of parents and caregivers raised children to become successful adults. Until relatively recent times in human history, there were no schools or organized institutions, nor were there parenting books. Rather, caregivers depended on the seven important instincts that evolved across tens of thousands of years in the human species. This volume highlights the ways in which these instincts are more important than ever in preparing children for tomorrow's successes. Key areas of coverage include individual chapters devoted to examining each of the seven instincts – intuitive optimism, intrinsic motivation, compassionate empathy, simultaneous intelligence, genuine altruism, virtuous responsibility, and measured fairness – as well as practical strategies to guide children in acquiring and fine-tuning these essential human instincts.

Tenacity in Children provides a solid foundation to prepare children for a resilient and happy future. It offers well-defined guideposts for adults committed to providing every child with the opportunity to access, strengthen, and employ these instincts as they negotiate childhood and passage into adult life. This book also serves as a rich resource for researchers, practitioners, and graduate students in mental health and public health disciplines as well as many interrelated fields as we all strive to promote the well-being of children.

The collaboration of these two esteemed psychologists has been impacting on our field for decades. This new book continues that tradition.

– Richard D. Lavoie, M.A., M.Ed.

Author of It's So Much Work to Be Your Friend:

Helping Children with Learning Disabilities Find Social Success

Tenacity in Children is the perfect balance between concepts, knowledge, scientific discourse, practical ideas and touching stories that truly illustrate the principles shared in the book. This book should reach the hands of every person dedicated to working with children.

– Encarni Gallardo, MBA, CBM

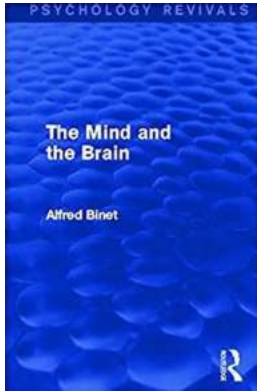
Executive Director, Children's Service Society of Utah

Written in an easy-to-read, narrative style, Drs. Goldstein and Brooks impart their innovative concept of Tenacity in Children along with its seven essential instincts by using heartwarming stories, personal and professional insights, research, and wisdom.

– Joyce C. Mills, Ph.D.

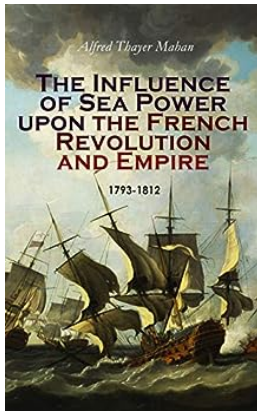
Co-author of Therapeutic Metaphors for Children and the Child Within

Visit our website at www.tenacityinchildren.com



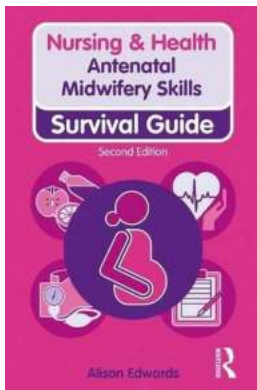
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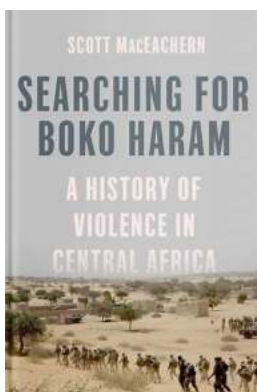
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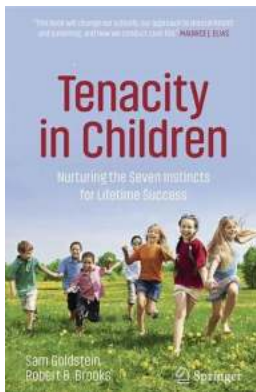
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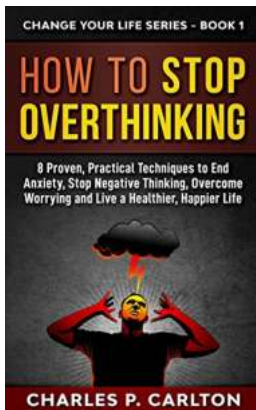
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