

# How Four Key Survival Traits Are Now Killing Us: Uncover the Hidden Dangers of Our Evolutionary Instincts



## Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us

★★★★☆ 4.6 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 328 pages

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We all want to survive. It's a basic human instinct, one that has helped our species to thrive for thousands of years. But what if some of the very traits that have helped us to survive are now actually killing us?

That's the premise of the new book *How Four Key Survival Traits Are Now Killing Us* by Dr. Douglas Kenrick. In his book, Kenrick argues that four key survival traits—aggression, dominance, competition, and self-preservation—are now working against us in a modern world that is more complex and interconnected than ever before.

Kenrick's book is a fascinating and thought-provoking exploration of the ways in which our evolutionary instincts can get us into trouble. He provides numerous examples of how these traits can lead to violence, conflict, and even health problems.

But Kenrick doesn't just point out the problems. He also offers practical strategies for overcoming them. He shows us how to channel our aggression into positive outlets, how to build healthy relationships without resorting to dominance, and how to compete without destroying ourselves or others.

*How Four Key Survival Traits Are Now Killing Us* is a must-read for anyone who wants to understand the human condition. It's a book that will change the way you think about yourself and the world around you.

## **The Four Key Survival Traits**

According to Kenrick, the four key survival traits are:

- **Aggression:** The tendency to attack or harm others in Free Download to protect ourselves or our interests.
- **Dominance:** The desire to control or lead others, often at the expense of their own well-being.
- **Competition:** The drive to outperform others, even if it means sacrificing our own health or happiness.
- **Self-preservation:** The instinct to protect ourselves from harm, even if it means putting others at risk.

Kenrick argues that these traits were essential for our survival in the past. They helped us to fight off predators, secure food and shelter, and compete for mates.

However, in the modern world, these traits are no longer as helpful. In fact, they can actually be harmful. For example, aggression can lead to violence and conflict, dominance can lead to oppression and abuse, competition can lead to stress and anxiety, and self-preservation can lead to selfishness and isolation.

## **How These Traits Are Killing Us**

Kenrick provides numerous examples of how the four key survival traits can lead to negative consequences in the modern world.

For example, he shows how aggression can lead to violence and conflict in our homes, schools, workplaces, and communities. He also shows how dominance can lead to oppression and abuse in relationships, workplaces, and governments.

Competition can lead to stress and anxiety, which can take a toll on our physical and mental health. And self-preservation can lead to selfishness and isolation, which can damage our relationships and make us less happy.

Kenrick concludes that the four key survival traits are now killing us in a number of ways. They are leading to violence, conflict, oppression, abuse, stress, anxiety, selfishness, and isolation.

## **How to Overcome These Traits**

Kenrick doesn't just point out the problems. He also offers practical strategies for overcoming the four key survival traits.

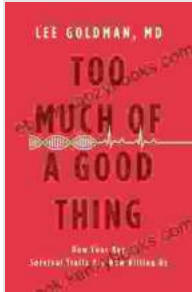
He shows us how to channel our aggression into positive outlets, such as sports, exercise, or creative pursuits. He also shows us how to build healthy relationships without resorting to dominance, and how to compete without destroying ourselves or others.

Finally, Kenrick shows us how to overcome self-preservation by learning to trust others and by working together for the common good.

*How Four Key Survival Traits Are Now Killing Us* is a must-read for anyone who wants to understand the human condition. It's a book that will change the way you think about yourself and the world around you.

Kenrick's book is a powerful reminder that we are all capable of great things. But it's also a warning that we need to be aware of the dangers of our evolutionary instincts.

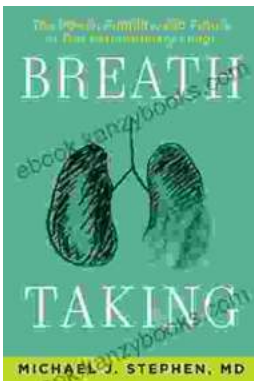
If we can learn to overcome these instincts, we can create a more just, peaceful, and sustainable world.



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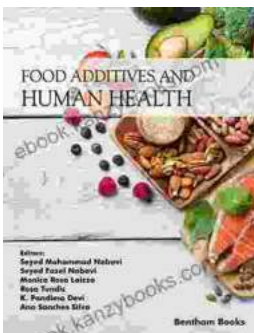
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