



Behavioral Genes: Why We Do What We Do and How to Change

James D. Baird Ph.D.

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We humans behave in mysterious ways. We fight for seemingly no reason, eat too much, make our selves and others unhappy, and behave in all sorts of self-defeating ways. Why do we do what we do? And how can we change our behavior for the better? James D. Baird, author of the bestselling *Happiness Genes*, has researched the answers to these questions. In *Behavioral Genes*, he brings state-of-the-art science to our fingertips, giving us the knowledge to transform our lives for the better.

The root cause of our mysterious behaviors is that 30-50% of what we do is driven by genes inherited from our prehistoric ancestors. But we needn't be trapped by those genes or those behaviors! The new science of epigenetics proves that genes are not necessarily destiny. These exciting new discoveries are already being used by medical organizations, and Dr. Baird shows us how we can use them in everyday life.

Behavioral Genes offers specific ways to move beyond your ancient "caveman mind" and actually change your biology. It examines the sources of stress, aggression, conflict, overeating, hurt feelings, mistaken perceptions, and unhappiness. It brings understanding to core behaviors such as personality, happiness, relationships, love, and differences between the sexes. Drawing on the proven therapies of meditation, mindfulness, cognitive therapy, and epigenetic behavioral therapy, *Behavioral Genes* maps out a positive new way to increase well-being.

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