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pleasurable feelings. But how do our brains compute the value of a reward and how is that translated into action?

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Know why you do what you do. Rather than focus on your what's, focus on your why — the why behind what you do.



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### **The Golden Circle - Why Do You Do**

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In *Why We Do the Things We Do*, Joel Levy unlocks the important studies and theories in a series of simple questions and answers that shine new and uncomplicated light on the important aspects of psychology.

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"The Way You Do the Things You Do" is a 1964 hit single by The Temptations for the Gordy (Motown) label. Written by Miracles members Smokey Robinson and Bobb...

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Music video by UB40 performing The Way You Do The Things You Do (2002 Digital Remaster). #UB40 #TheWayYouDoTheThingsYouDo #Vevo #Pop #VevoOfficial

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"The Way You Do the Things You Do" is a

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1964 hit single by the Temptations for the Gordy label. Written by Miracles members Smokey Robinson and Bobby Rogers, the single was the Temptations' first charting single on the Billboard Hot 100, peaking in the Top 20 at number eleven; it also went to number one on the Cash Box R&B chart. The song has been an American Top 40 hit in four

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successive ...

## **The Way You Do the Things You Do - Wikipedia**

Self-improving minds perpetually search for answers to the questions of why we do, what we do, as well as who we do it for. ... Find the people and things that light the fire inside of you. 6 ...

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## **10 Reasons: A Guide for Why We Do, What We Do | by ...**

Probably the most important reason why you should choose to do the hard things in life is that it will make you happier. You will feel as though you've accomplished something, tried your hardest, put in the effort needed, and

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have made a difference in society.

## **8 Reasons You Should Do The Hard Things - Lifehack**

When we act based on what we should do, must do, or have to do, what we can't do, what others will say, what is "rational and reasonable" or "appropriate," we are linking our actions



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## **Why Do We Do What We Do? | Psychology Today**

The House on the Rock 45 The good man brings good things out of the good treasure of his heart, and the evil man brings evil things out of the evil treasure of his heart. For out of the overflow of

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the heart, the mouth speaks. 46 Why do you call Me 'Lord, Lord,' but not do what I say? 47 I will show you what he is like who comes to Me and hears My words and acts on them:...

**Luke 6:46 Why do you call Me 'Lord, Lord,' but not do what ...**

You don't want to want other people's

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approval, yet, for the umpteenth time, you find yourself standing in a group saying things you don't really mean and soaking up the nods and smiles that ...

## **Why Do We Do Things We Don't Want to Do? | Psychology Today**

Why do some people struggle more than others to keep off the pounds? Social

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psychologist Emily Balcetis shows research that addresses one of the many factors: our vision. In an informative talk, she shows how when it comes to fitness, some people quite literally see the world differently — and offers a surprisingly simple solution to overcome ...

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## **Why we do the things we do | TED Talks**

Do things that you know you should be doing. Nobody knows them better than you do. If you found this helpful, please help in spreading this message by recommending this post.

## **Why we don't do what we should be**

# Get Free Why You Do The Things You Do The Secret To Healthy Relationships doing? | by Shreya ...

Unless you're insane, the answer is a hell no. Pain is more intense than pleasure. That is, we will do everything in our power to avoid pain than to gain pleasure. Associating a undeniable amount of pain to whatever it is you want to stop doing, like being lazy or eating that second Ferrero Rocher can

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work wonders.

## **Why do we do the things we do?**

So even when you have more important things to focus your attention on, your energy will repeatedly turn to her until you are able, in the words of Melissa Etheridge, “to satisfy the hunger, to satiate the need.” And that addictive

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quality is why you'll do it again and again and again. Even if you're failing class because of it. 2.

## **The Neurobiology Behind All of the Ridiculous Things You ...**

Why do we still choose to do things we know are wrong? Lots of reasons! 1. Others think it's right and we don't want



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to risk a fall in their eyes. 2. We think it's our duty, and that the duty outweighs personal moral discomfort in this case. 3. Th...

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