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Casting for Embryonic Genes



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Caffeine. Candy. Sex. Shopping. Smoking. Whether we realize it or not, all of us have strategies for self-medicating ourselves when we feel threatened or overwhelmed by tension or tiredness. But why does one person respond to pressure by going to the gym, while another indulges in a glass of wine? Why do some of us crave companionship, while others just want to be alone? And what really helps most to reduce tension and increase energy—a brisk 10-minute walk, 20 minutes of meditation, or 2 hours of watching TV?

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— from Oxford University Press

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