



Fight, Flight, Freeze: Taming Your Reptilian Brain and Other Practical Approaches to Self-Improvement

Gilmore Crosby

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You can be more effective in your relationships at home and at work...a better friend, spouse, parent, employee and/or boss. The unique and understandable mix of brain research and behavioral science in Fight, Flight, Freeze is a proven recipe for unleashing your interpersonal potential. Let author Gilmore Crosby guide you on a journey of self-improvement certain to have quick and lasting results!

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