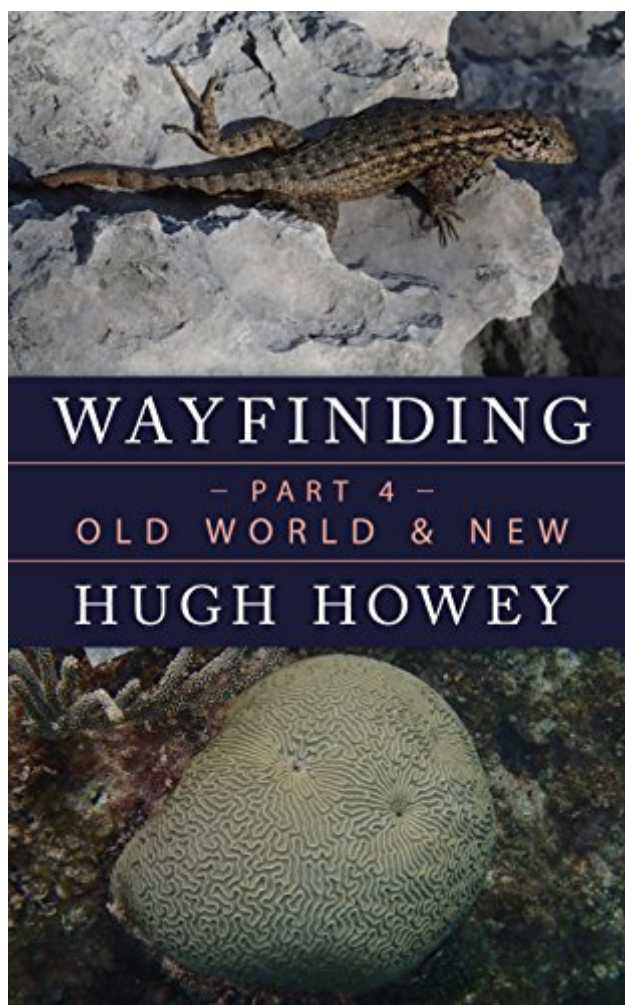


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# Wayfinding Part 4: Old World & New (Kindle Single)



## Synopsis

Part 4 of the Wayfinding Series. In this part, we discuss the most important concept in all of self-help, which is that our brains and bodies expect a much different world than the one in which they find themselves. This mismatch is the source of much confusion and unhappiness. Understanding what our bodies expect to find, and what they encounter instead, is the first step in resolving this inner turmoil. I also introduce the first sailboat I ever owned, and begin the tale of its maiden voyage from Baltimore to Charleston, South Carolina, one of the most harrowing sailing trips of my life.

## Book Information

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## Customer Reviews

Great ideas from an excellent writer. Read all of them in one sitting. Not just entertaining but also enlightening.

Deep thoughts.

The author manages to eloquently and peacefully address issues of human behavior in such a way

that even if I profoundly disagreed with him I would still have to say that this series is great writing and a worthwhile read. Personally the concepts are energizing and enlightening and .....well actually the feeling is due to a chemical dump in my brain that occurs when I read something that I like and want to remember. That may sound cold to many but I have been at ease with that for some time and it does not diminish my outlook on my personal existence. To understand that habits, behaviors, and consequences that cause me confusion and pain are not the byproduct of some unseen force, or my supposed evil nature, or because I stepped on a crack in the sidewalk, but because evolution and modern society are out of sync and that I can understand what's going on and use that to my advantage is liberating to say the least. In only on 3 and look forward to more.

I am hoping that if you are considering reading this book that you have already read the first 3 :) I truly love Hugh Howey's writing style. These books have had a profound effect on me and I can't wait for the next in the series. The insights that HH offers are pure logic - this is something I really appreciate and find I can relate to better than someone simply telling you what you should be doing or why what you have been doing is wrong. There is so much in this series that so many of us can relate to - it's very real world. HH has a gift of allowing his readers to look at something they may have been looking at their whole lives and see it at just the right angle to make a difference.

Interesting and entertaining. This installment is longer and more comprehensive than the previous ones. The information on the human brain and behavior is not new, but Hugh's writing style is far more engaging than academic articles on the same topics. I'm enjoying reading this series.

This is a great series. I am finding it to be helpful at helping me look at life from a different angle... which thankfully is a good angle!

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