



## Force-of-Habit: Cognitive-Self: Create Your Habits: Dont let Your Habits Create You

By Mr. David J. Hastings B. A.

Living Perspectives Publishing. Paperback. Condition: New. 340 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. Only once one knows how something works can it be fully utilized: So it is with us as well. With the Force-of-Habit series owners manuals inspiring new views, more useful choices and therefore massively greater possibilities are made easily available to everyone. No question one-hundred percent of ones raw-neurological-data was provided by sensory accepted Bombardment from the Out-There. Established in multiple types of Soma-Self and Cognitive-Self data-archives to enhance survival potential, this fodder when manipulated by multiple Cognitive-Self mechanisms also determines the textures of ones current identity. Beginning with sensory origins, (book-one) Force-of-Habit: Soma-Self in order to describe How-We-Work takes the reader on four fun and informative virtual sojourns or trips through many exciting Soma-Self mechanisms culminating with Soma-Habits, which provide one-half of the Force-of-Habit dedicated to maximizing physical survival. Force-of-Habit: Soma-Self journeys propel the reader from Out-There universe bombardments or Deluge to sensory-acceptance; then through multiple data-morphing mechanisms; and, if the Bombardment is sufficiently-intense, through the mechanism-array designed to engage Cognitive-Self for assistance with problematic issues. Force-of-Habit: Cognitive-Self (book-two) picks up where Soma-Self requests assistance for problematic issues leaves off. It then travels the reader on...

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