

Transformation is a choice.

Choice Dynamics - Decision Making. Brain States Influence on Decision-Making

Taylor Kubota, Stanford, November 8, 2023, <https://neurosciencenews.com/choice-dynamics-decision-making-25178/>

Stress is a motivator.

Stress effects on the neural substrates of motivated behavior

Hollan, National Institute of Health, 2015, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4721524/>

Separation increases discomfort in the body.

Separation anxiety is associated with increased amygdala responsiveness and volume

Redlich, National Institute of Health, Oxford Academic, 2014, <https://academic.oup.com/scan/article/10/2/278/1656540>

Energy and sustained attention. Wong, Human Neuroscience, 2018,

Positive Effects of Mindfulness-Based Training on Energy Maintenance and Sustained

Attention in a Cohort of Nurses <https://www.frontiersin.org/articles/10.3389/fnhum.2018.00080/full>

Awareness and habit change.

Mindfulness and behavior change

Brewer, Brown, National Institute of Health, 2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7647439/>

Absorbtion, Transform, Flow Brain Activation States

Your Creative Brain.

Carson, Harvard Medical School, 2015

Integrity reduces stress

Possible neurobiological basis for tradeoff between honesty, self-interest

Zhu, Virginia Tech, 2014, <https://www.sciencedaily.com/releases/2014/09/140902114230.htm>

How Breath-Control Can Change Your Life: A Systematic Review on

Psycho-Physiological Correlates of Slow Breathing

Zaccaro, National Institute of Health, 2018, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6137615/>

Using Your Breath to Change Your Mind:

New Insights Into How Breathwork Alters Physiology and Consciousness

Havenith, 2022, Ernst-Strüngmann Institute for Neuroscience, <https://insight-conference.eu/speaker/martha-havenith/>

Allostatic Self-efficacy: A Metacognitive Theory of Dyshomeostasis-Induced

Fatigue and Depression

Stephan, 2016, Institute for Biomedical Engineering, University of Zurich, www.frontiersin.org/articles/10.3389/fnhum.2016.00550/full
