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Living in a changing world

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# Living in a Changing World

## How the early-life environment influences animal and human ability to cope with change

M. Rohaa Langenhof

1. The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking. – Albert Einstein
2. In a changing world, scientists also have to cope with important changes within their respective disciplines. – This thesis
3. We cannot understand complex behavioural patterns through studying DNA or molecular mechanisms. There is a need to understand the processes, how they relate up, how they relate down and how they relate to each other. – Dr. N. Angel Knoth
4. In situations where environments are subject to great physical or social changes, accurate moment-to-moment perception of the environment and evaluation of coping behaviours becomes increasingly important. – This thesis
5. Coping behaviours are most effectively acquired quickly and early in life, and the most suitable candidates from which to acquire such behaviours are the parents. – This thesis
6. Understanding causation, fluidity and consequences of personality resemblance with the previous generation is key in predicting the upcoming generation's response to change. – This thesis
7. The biblical phrase "The sins of the father will be visited upon the son for seven generations" can be understood in terms of intergenerational transmission of complex behavioural patterns. – M. Langenhof
8. Do not raise your children the way your parents raised you; they were born for a different time. – Ali bin Abi Taleb (599-611 A.D.)
9. Several of the problems faced by people in modern societies seem to be simple biological responses to situations of great change that their coping strategies are not instinctively equipped to handle. Solutions should involve approaches to prevent (in children) and reverse (in adults) early-life programming of stress responses and maladaptive coping. – This thesis
10. The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift. – Albert Einstein
11. Through an in-depth study of the structures and eventually the fundamentals underlying the surface behaviours that we perceive, science can advance to a much deeper and richer understanding of the natural world, its workings, and humanity's place within it. – This thesis
12. Science at its very core is a spiritual endeavour. - Dr. Candace Pert, Molecules of emotion (p315)
13. Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive. — Howard Thurman