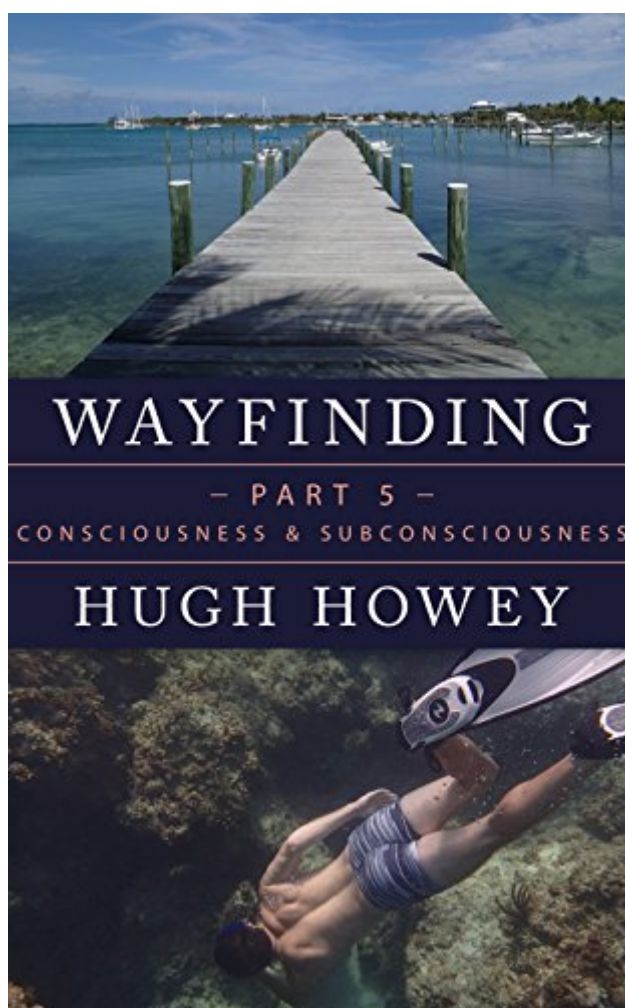


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# Wayfinding Part 5: Consciousness And Subconsciousness (Kindle Single)



## Synopsis

In part five of this series, we take a step back from examples of the struggles we face and solutions for conquering those struggles and delve deeper into the two levels of thought that are often in conflict. We look at the consciousness and subconsciousness and how the two are in dialog with one another. More importantly, we examine how the consciousness likely formed, and how its adaptation may have been for a different purpose entirely. In the Wayfinder portion of the work, I conclude the delivery of my first sailboat from Baltimore to Charleston, a trip that very nearly ended in ruin.

## Book Information

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## Customer Reviews

Another great installment of Hugh's Wayfinding series. In this installment he discusses how our brains developed. Subconscious coming first (or the lizard brain, if you will) and consciousness only coming later as a side effect of language and theory of mind (tools we needed to be able to communicate with others). It's great stuff, gets you thinking, and makes me feel like I'm not the only one out there who feels that my mind is at war with the primitive urges of my body. I'm glad Hugh's

taken the time to sit down and explain this concept of making peace with that inner war. If applied, the concepts in this series can be life changing. Thanks for giving back, Hugh.

Not exactly ground breaking in its content. Easy and interesting to read, but pretty insubstantial.

I don't want to be Hugh Howey (I get seasick in an hour, so living on a boat would not suit me) or even to be exactly like him. For better or worse, I'm me, Esteemed Reader, and you're you and Hugh's Hugh, so that's who's who:) But I learned early in life that one of the easiest ways to compensate for not being especially brilliant is to watch brilliant people, try and figure out what they're doing and why, then use that to improve what I'm doing. Why else do you think I've been collecting all these writer interviews over the years? Fortunately for me, Hugh is currently publishing his Wayfinding series, which is literally his advice on how to live a better life. I've been hooked since the first volume and can't recommend these books strongly enough. Today is Middle Grade Ninja history as Hugh is about to become the first author I've ever asked an additional 7 questions, and it all came about because I was pestering him to please, please publish more Wayfinding with a quickness. I left organized religion behind more than a decade ago, yet each Wayfinding installment feels like a Bible study devotional--but with like facts and science and common sense:) I can read them with my coffee and spend my morning pondering some weighty issues in ways I haven't seen them presented elsewhere and I don't have to take any of it on faith because Hugh isn't using information I can't easily verify (such as divine inspiration). It should be noted that Wayfinding is far more respectful toward religion and individual beliefs than I'm being--it's a bad habit of mine. The topics of each volume vary and though it's clear to me an argument is being built, I'm not sure exactly where Hugh's going and I'd be happy if this series were to continue on for years. I've read my share of self-help books and as a rule, I don't care for the genre. Wayfinding is different because Hugh states emphatically throughout that he might be wrong, so you know I and other Wayfinders aren't going to end up in a compound somewhere:) He's just giving his opinion on better living and even when I disagree with him, I feel my own outlook is enhanced by having at least considered his point of view. At a buck apiece, or free for Kindle Unlimited users, you owe it to yourself to try this series out. I've been eating healthier for a time and exercising more and though I started that before Wayfinding, I honestly feel the series has helped and my belt has tightened a couple notches as I've been reading, probably because I stopped eating movie theater popcorn. My word count is also up, which is good news for those of you Esteemed Readers who've been craving another nasty horror novel (details coming soon). The story is now partly about multiple character's inherent lack of

willpower because Hugh focused my attention on the subject, which means he'll probably pop up in the acknowledgements.

Love the entire series

Love this series!

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