

Sources:

1. Kahneman, D. (2011). *Thinking, fast and slow*. New York: Farrar, Straus and Giroux.
2. Donald, Merlin. (1991) *Origins of the Modern Mind: Three Stages in the Evolution of Culture and Cognition*. Cambridge, MA: Harvard UP.
3. Humphrey, Nicholas. (2002) *The Inner Eye: Social Intelligence in Evolution*. Oxford: Oxford UP.
4. Greene, R. (2012). *Mastery*. New York: Viking
5. Meditation exercise created by Andi Puddicome of [Headspace.com](https://www.headspace.com)