







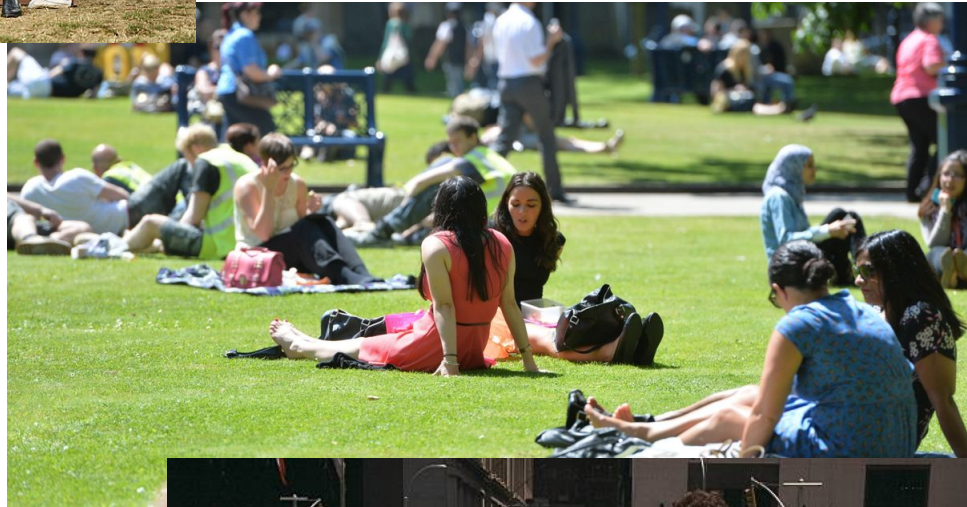


Broadgate – London in the sunshine



Man who was arrested for sunbathing in central London











The Biological Basis of us all

- We size-up the 'opposition' (and want to find ways we are better than 'them'...)
- Females are looking to be able to get the best males.
- Males want to get the best females.

SO WE JUDGE HARSHLY

Typically.... (huge generalisations)

- Women dress for other women
- Men 'display' for other man.

Pay attention to what you are thinking

- We experience feelings before having thoughts....
- The 'bad' news is that negative, unkind thoughts have a negative impact on us. Raised blood pressure , upset tummies etc

The good news - You can influence this
You can make a choice of what you 'rehearse'