

## Sources

1. Kahneman, D. (2011). Thinking, fast and slow. New York: Farrar, Straus and Giroux.
2. Dunbar, R (2003) TSB: Mind, Language, and Society in Evolutionary Perspective. Annual Review of Anthropology 32.1 : 163-81.
3. Duhigg, C. (2012). The power of habit: Why we do what we do in life and business. New York: Random House.
4. Baumeister, R., & Tierney, J. (2011). Willpower: Rediscovering the greatest human strength. New York: Penguin Press.
5. Brefczynski-Lewis, J., Lutz, A., Schaefer, H., Levinson, D., & Davidson, R. (2007). Neural Correlates Of Attentional Expertise In Long-term Meditation Practitioners. Proceedings of the National Academy of Sciences, 11483-11488.