

Moral Molecule by Paul Zak

OXYTOCIN INCREASES-

- **Trust, Trustworthiness**
- **Empathy, Generosity**



Inhibiting Oxytocin-

Increases Stress

Decreases Nurturing

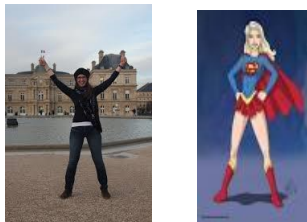
TED talks
(Technology, Education, Design)
www.ted.com/talks

Yale Infant Mental Health

- Moral Life of Babies by Paul Bloom (2010)
(Psychology Professor at Yale)
- **Babies possess certain moral foundations** — the capacity and willingness to judge the actions of others, some sense of justice, gut responses to altruism and nastiness. Regardless of how smart we are, if we didn't start with this basic apparatus, we would be nothing more than amoral agents, ruthlessly driven to pursue our self-interest.

Amy Cuddy- Body Image Fake it until you **BECOME** it!

Increases Testosterone &
Decreases Cortisol
(Increases **Assertiveness &
Confidence & Peacefulness**)



Increases **Stress & Anxiety**
Decreases Testosterone &
Increases Cortisol –
Decreases Assertiveness &
Confidence



Terry Rahn & Valerie Hess
Master Facilitators of The Virtues Project™
www.virtuesvillage.com
715-435-3922 terry@virtuesvillage.com