



What Birds, Bees and Gymnasts can teach us about giving up

Finches and their pecking behaviour

Know when to give up

If it at first you don't succeed, QUIT

Quitting is a skill  
Survival Mechanism

Quitting and moving on is the only effective strategy for many animals to get a meal

Every gesture must sync up with the goal of survival

Honeybees

Sting or Duck Decision

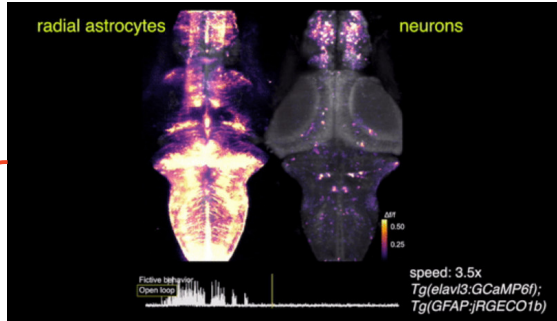


# The Neuroscience of Giving up

Zebra Fish

Swims against the tide

Glial cell  
Radial Astrocyte are activated when fish gives up

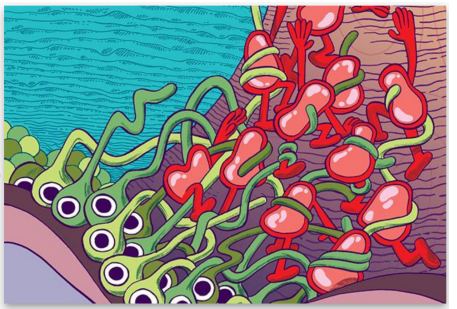


Imaging technology  
Game changer

Capture brain in action  
as it goes about work

Quit a book to come back to understand  
with fresh eyes

Nociceptin suppresses  
dopamine



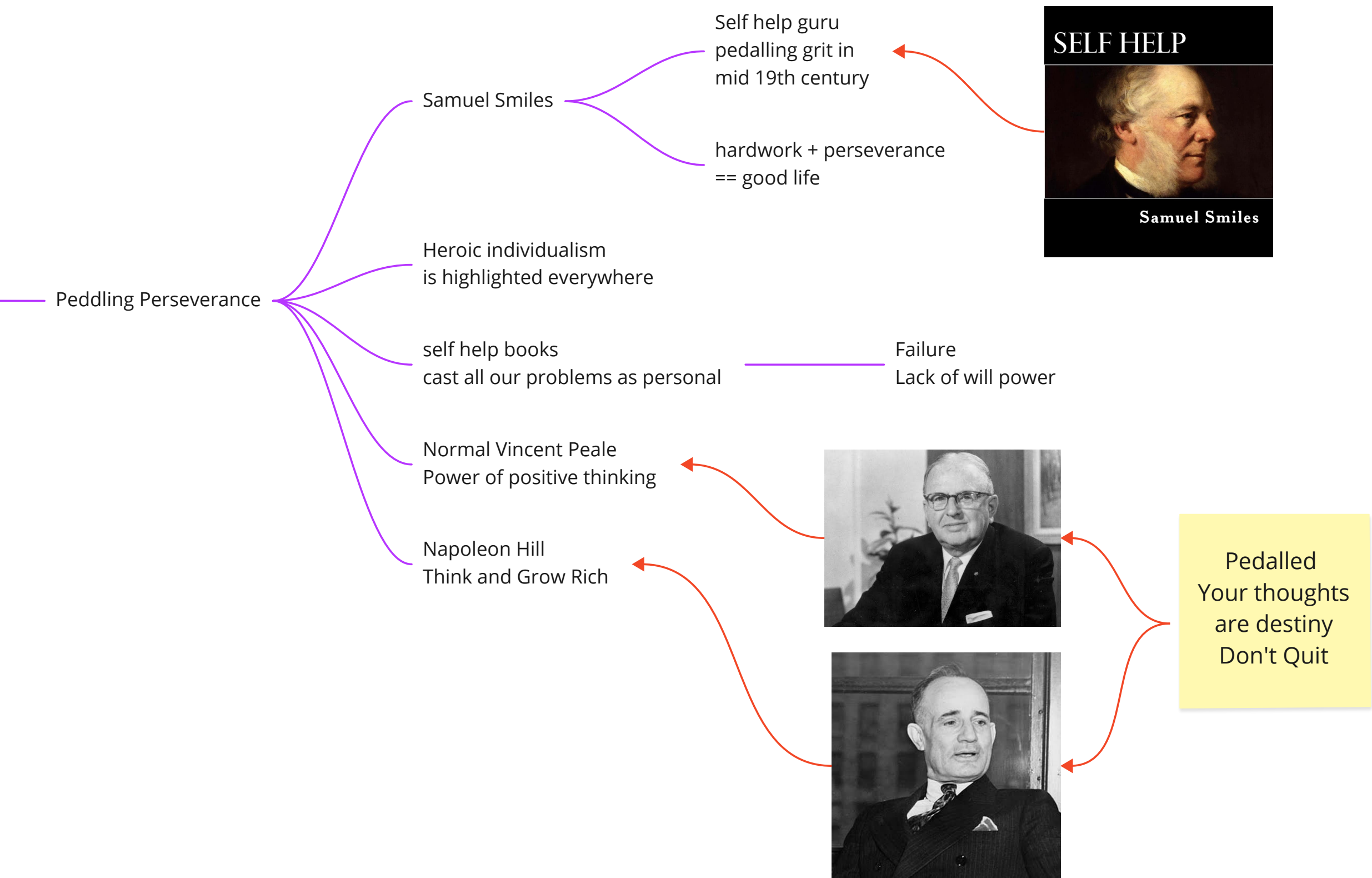
Max Huffman  
At the point of giving up, neurons in green get active and suppress dopamine, a chemical associated with motivation, researchers found.

Jennifer Aniston quits her job

Various scenes in movie  
dramatize quitting

Many more scenes  
that dramatize grit and  
perseverance

Art invites  
identification



Luck and Letting Go

World around is uncertain  
Be flexible and quit often

There are no geniuses, only what  
people make with what they are given

May be you are not starting enough  
and hence you are not quitting

Making a Better World

Self help books  
makes us less compassionate

more self-help bashing  
in making us feel that we are  
responsible for the outcomes

