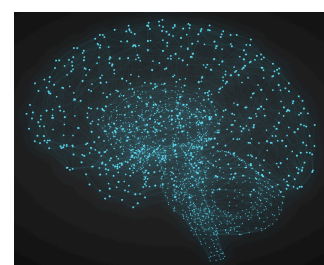


# WHOLE BRAIN LIVING BOOK DIGEST



## Chapter 8: CONNECTION TO OURSELF—OUR 4Cs AND THE BODY

Jill Bolte Taylor states that the most important relationship of all is the one between our brain and body. Here's how it works through our characters' lens:

- “C1 sees our body as a VEHICLE
- C2 sees our body as a RESPONSIBILITY
- C3 sees our body as a TOY
- C4 sees our body as a TEMPLE of the SOUL”

### C1

#### Overall

C1s see the body as a mechanical possession and they want to know how well it's running.

They're committed to yearly physicals and they like to have as much information as possible on what's going on, considering that knowledge is power.

They build relationships with their doctors, are health curious and interested in good maintenance work.

They take personal responsibility and have a relatively good body awareness.

They are ready to show up at the gym and to take the necessary complements, and they take pride in doing what's right for their bodies.

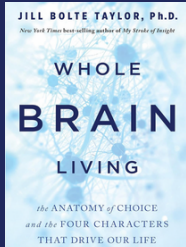
#### Managing an illness

They're very informed patients and become a specialist of their disease.

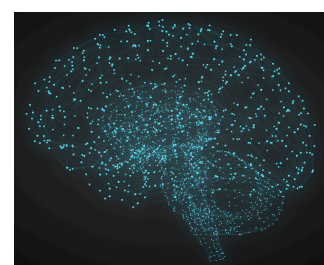
They also want the most recent technology and analytics.

#### Managing fitness and diet

They hold themselves accountable and take full responsibility of their health journey.



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## Relating to Medical Professionals

They want the best MD with the best solution. The biggest expert.

They're compliant to their treatment and will be able to change and adapt with very minimal complaints.

To them the challenge is worth it if they can regain their health.

## Aging

C1s will have shown up for what was needed for them to age well, including medical check-ups and exercise.

And as they get older their judging tendencies tend to soften into gratitude.

## C2

### Overall

They act in a complete opposite way to C1s.

They hold very little body awareness and anything health related feels terrifying to them.

They pendulate between denial and worst case scenarios.

Any discomfort make them stop any efforts towards achieving or maintaining health.

### Managing an illness

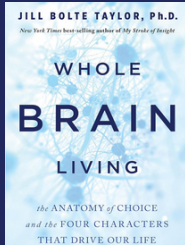
Overwhelm, fear and denial will be C2s companion in the face of any health issue. They will entirely rely on the help of a C1 or C4 to get well, while abdicating any responsibility in the recovery process.

### Managing fitness and diet

Intimated by numbers, C2s look for quick fixes. They consider themselves powerless over their desires and see any diet as a punishment. They will alternate between starvation and binging as a way of dieting.

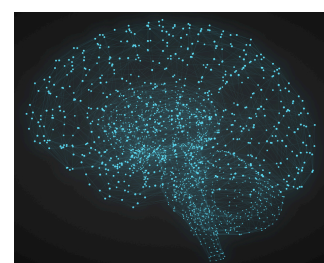
## Relating to Medical Professionals

C2s mostly frequent the ER. They want all the test and the confirmation that they're sick AND they want to hear nothing about the treatment protocols.



# WHOLE BRAIN LIVING

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They google diagnosis for hours but consider any treatment plan or lifestyle changes as a sacrifice, an attack on their quality of life or a loss of freedom.

### Aging

C2s will focus on their pains and aches and use them as excuses to do not do anything anymore. Again they completely rely on other characters to be able to thrive in old age.

### C3

#### Overall

C3s get excited about anything medical or health related. They body in their play house. They love using it, challenging it and caring for it.

They have a deep and intimate connection with the body. They want to be able to live it in fully and to help the body reach its full potential.

They see fitness as fun and celebrate their bodies.

#### Managing an illness

C3s tend to minimize any illness's severity.

They like technology that allow them to give the body what it needs in a fast, fun and easy way.

#### Managing fitness and diet

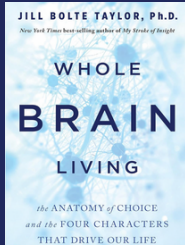
They like to test the limits of any protocol, eating all they can eat and then hiking twice more than usual.

They're connected to how their bodies feel and energy levels and know how to adapt their food and activity to reach their highest potential. They easily and gladly limit what doesn't work for them.

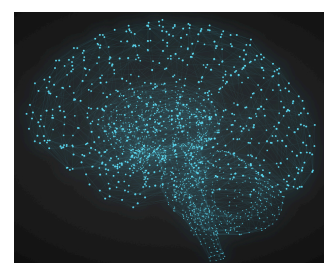
#### Relating to Medical Professionals

C3s like convenient walk-in care centers. On demand medicine so that everything gets taken care of quickly without any need to overthink it or plan all year long. They don't need relationships or experts, they need adequate effective available-right-now solutions.

They will look for best practices and enjoy finding ways to tackle health problems while collaborating with others.



# WHOLE BRAIN LIVING BOOK DIGEST



## Aging

C3s will need some guidance and reality checks to respect the limitations that the body acquires over the years.

## C4

### Overall

C4s know the body is a soul's temple.

They are grateful for the miraculous gift of life and honor their bodies.

They see it as their responsibility to tend to wellness so that illness doesn't arise.

They nurture their mind/body/spirit system.

They gravitate towards holistic practices and organic foods. They're active to help preserve the health of their communities as well.

They stretch and walk often and spontaneously to tend to the body.

### Managing an illness

C4s know their options and befriend their diagnosis.

They will do what is required to tend to the acute event but they will mostly focus on restoring their overall health and wholeness within body, mind and spirit.

They will seek alternative options to support their healing journey holistically.

They're open to all new technologies and will explore all the latest discoveries that can help them heal.

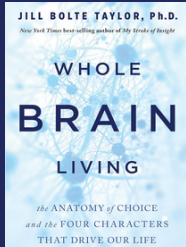
They accept what is, do all they can to manifest a positive outcome and welcome any challenge as a lesson and a hidden gift.

### Managing fitness and diet

C4s balance the time they invest in work, family, play, friends and spirituality because they know that they're all needed and important.

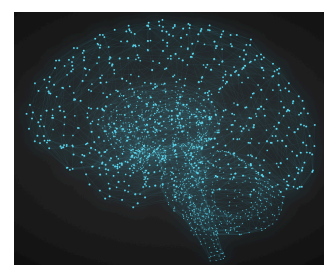
They're often vegetarian or vegan, eat everything in moderation and choose organic whole food diets.

They exercise but know that exercise is parallel to the diet and cannot compensate for poor lifestyle choices.



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### Relating to Medical Professionals

C4s seek holistic approaches, focus on prevention and will always choose the less invasive alternative, always focusing on maintaining their health and not only showing up once a disease has set in. They will follow medical advice to manage any crisis but they explore all other alternatives to also heal deeply.

### Aging

C4s might need to be reminded of the importance of still caring for the body when they age, as they are more and more prone to focus on the mystery of life and less and less focused on body awareness when they grow old..