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but our survival instinct that evolved to protect us from danger is on high alert. Though mild discomforts such as work demands, traffic jams, family conflict, or having to perform under pressure are not life threatening, they can still trigger the brain's fight or flight fear reaction.

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He is the author of Your Survival Instinct Is Killing You which was released in 2013, and a second time in 2014, by Hudson Street Press, a division of Penguin/Random House. This pioneering and highly reviewed book delves into how our most basic instinct, which was at the heart of survival in earlier times, is now placing us in harm's way.

### **About | Dr Marc Schoen**

So, is there a difference between murder and killing? First, it is important to note that not all killing is wrong. For instance, the apostle Paul talks about the right of the state to take the lives of evildoers (Romans 13:1-7). This relates to what is commonly referred to as capital punishment. Most countries have consequences for murder.

### **Why is "You shall not murder" in the Ten Commandments ...**

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