**Four Crumbs of Wisdom: (end of Course 1)**

These “four crumbs of wisdom” can be presented by the instructor to assist students in navigating the material in this chapter. Present them first at the end of Course 1 and elaborate on the connections made to each of these points in the previous instruction. The instructor can present them again at the end of the chapter to stimulate a review discussion with the class.

1. Everything psychological is simultaneously biological, and the principles of complexity, adaptability, and integration explain the function of the nervous system.
2. The nervous system is the fast chemical communication system of the body, and cooperates with the slower and more sustained endocrine system. These systems intersect at the hypothalamus, a structure you will meet again in this chapter.
3. Eating and other goal-directed behaviors are best understood by applying multiple theories of motivation – eating requires instincts, produces the drive of hunger, and is persuaded by the pleasure of positive-incentives.
4. Eating is essential for survival, so you will find this system to be redundant and complex to ensure we achieve ample nourishment.