

To: [REDACTED]
From: [REDACTED]
Sent: Tue 10/20/2009 3:11:09 AM
Subject: Why Email Can be Habit-Forming....

I would love it if you would (at least click! though it would only take 2 minutes to read) my latest HuffPo piece which describes how, when we are experiencing even low level stress/fight or flight, it causes the part of our brain responsible for habit formation to grow... with a recommendation for what we can do about it at the end.

Please tweet, link to, comment or just click --

Thanks in advance! And I always love your comments (and so does HuffPo).

[REDACTED]

[REDACTED]