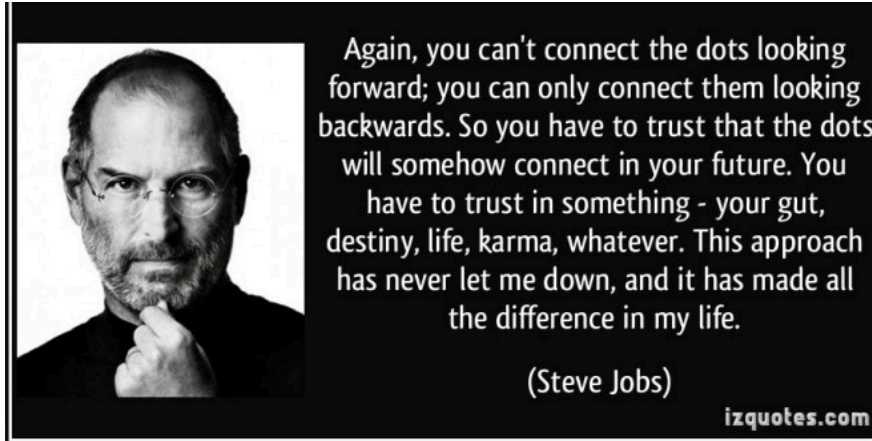


Going with your Gut



YOUR SECOND BRAIN

I'm going to go with my gut for this week's Idiom of the Week. Does that mean:

A: I'm going to take my belly to the movies?

B: I'm going to do a lot of sit-ups?

C: I'm going to trust that feeling I have in the pit of my stomach?

If you chose C, you're right. Going with your gut means to trust your feelings or instincts. Did you know that you actually have more nerve endings in your gut than in your brain?

Prompt: Is there a time when you had to choose between listening to your gut and listening to your head? What did you do?