

# *How to realize your own desires* *Human needs and emotional intelligence*



- Types of human needs. The complex nature of needs.
- The Neurobiology of human needs.
- False and true needs.
- The frontal cortex is the neuroanatomical super-ego.

- Who am I and what do I want? What are my true needs and desires?
- Expectations vs. Reality  
How expectations poison our lives.
- Emotional intelligence is the foundation of success in life.