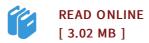




Brain Hacks - Blueprint for a smarter and happier you

By James Lee

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 90 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.All the content from Brain 2. 0, Chill Pills and Mood Food plus a brand new section on using exercise to repair and optimize your brain. Learn how to build a better brain than the competition through clever nutrition, supplementation and exercise therapy. James Lee is driven to do whatever it takes to build a better brain. This obsession has seen him spend hundreds of hours scouring through research journals and meta-analyses to find exactly what works and what doesnt work. In his quest to find out all there is to know about the emerging area of nootropics, he has assembled a group of supplements and drugs which have all demonstrated clear effectiveness in clinical trials and experiential reports. But there is one hard and fast rule enhanced mood or cognition can never be at the expense of long term brain health. Sure, anyone can do a line of meth and stay up all night getting work done - but at what long term cost Fortunately, you can enhance mood, cognition and memory recall by slowly repairing...



Reviews

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