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The Biohacking Manifesto: The Scientific Blueprint for a Long, Healthy and Happy Life Using Cutting Edge Anti-Aging and Neuroscience Based Hacks

By Dr James Lee

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

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What exactly is biohacking ? Biohacking is just a fancy word for optimizing your own biological potential, and in the context of this brand new book from James Lee (author of The Methuselah Project) it means achieving this via - - Slowing the process of cellular aging to extend longevity - Whether by reducing oxidative stress, activating sirtuins, preventing inflammation or by just simply connecting with those around you (Having rich social connections with those around you is one of the strongest predictors of long life) - Understanding your own neurochemistry to enable you to address any underlying issues or dysfunction involving neurotransmitters such as serotonin, dopamine or even acetylcholine - Utilising the latest nootropic brain-boosting supplements and drugs to optimise memory and cognitive function - Never heard of racetams, EGCG, sulbutiamine or modafinil? Not for long. The Biohacking Manifesto is, at its heart, a compendium of Lee's previous books The Methuselah Project, Your Brain Electric and Brain Hacks. However rather than just cobble these together and slap on a new cover, he has...



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