



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 doesn't 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...



READ ONLINE
[2.91 MB]

Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- **Rhiannon Steuber**

Very helpful to all type of individuals. It really is rally interesting throug looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

See Also



Magnificat in D Major, Bwv 243 Study Score Latin Edition

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 70 pages. Dimensions: 9.8in. x 7.2in. x 0.3in. Bach composed the first version of this piece in 1723 using the key of E-flat major for the Christmas Vespers in Leipzig which contained several Christmas texts....



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in. Oh sure, we all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



Passing Judgement Short Stories about Serving Justice

Isinglass Press. Paperback. Book Condition: New. Paperback. 102 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Passing Judgment is a compact collection of twelve short stories about people who deliver their own form of justice. These are tales about breaking the rules and seeking...