

Mind Performance Hacks Tips Amp Tools For Overclocking Your Brain Ron Hale Evans

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Mind Performance Hacks Tips Amp

Mind Performance Hacks provides real-life tips and tools for overclocking your brain and becoming a better thinker. In the increasingly frenetic pace of today's information economy, managing your life requires hacking your brain. With this book, you'll cut through the clutter and tune up your brain intentionally, safely, and productively.

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Grounded in current research and theory, but offering practical solutions you can apply immediately, Mind Performance Hacks is filled with life hacks that teach you to: Use mnemonic tricks to remember numbers, names, dates, and other flotsam you need to recall

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So in no particular order of importance, here are 12 mental performance hacks to increase your mental performance, along with practical, easy-to-implement, brain-boosting quick tips after each hack. If you have questions, comments or feedback, leave them below this post. #1 - Vitamin D.

12 Mental Performance Hacks to Make You Smarter

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Mind Hacks is a collection of probes into the moment-by-moment works of the brain. Using cognitive neuroscience, these experiments, tricks, and tips related to vision, motor skills, attention, cognition, subliminal perception, and more throw light on how the human brain works. Each hack examines specific operations of the brain.

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Mind Performance Hacks by Hale-Evans, Ron (ebook)

The book is a compilation of seventy-five "hacks" designed to help us "overclock" our brains. Catchy! What it means is that the book is a collection of tips and techniques that speed and enhance our mental abilities. And they do. The tips deal with memory enhancement, perception, decision making, math applications, and general mental fitness.

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