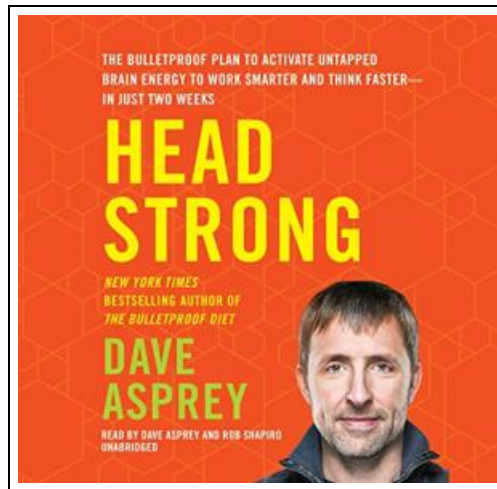


Head Strong: The Bulletproof Plan to Activate Untapped Brain Energy to Work Smarter and Think Faster-In Just Two Weeks



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(Vilma Bayer III)*

HEAD STRONG: THE BULLETPROOF PLAN TO ACTIVATE UNTAPPED BRAIN ENERGY TO WORK SMARTER AND THINK FASTER-IN JUST TWO WEEKS



Harper Wave, United States, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. For the last decade, Silicon Valley entrepreneur Dave Asprey has worked with world-renowned doctors and scientists to uncover the latest, most innovative methods for making humans perform better--a process known as biohacking. In his first book, *The Bulletproof Diet*, he shared his biohacking tips for taking control of your own biology. Now, in *Head Strong*, Asprey shows you how to biohack your way to a sharper, smarter, faster, more resilient brain. Imagine feeling like your mind is operating at its clearest and sharpest, and being able--possibly for the first time in your life--to do more in less time? What if suddenly became easier to do the very hardest things you do? Or if you could feel 100 percent confident about your intellect and never again fear being the person in the room who just isn't smart enough or can't remember something important? How would you treat people if the mood swings, short temper, and food cravings that disrupt your day could simply disappear? In *Head Strong*, Asprey shows us that all of this is possible--and more. Using his simple lifestyle modifications (or hacks) to take advantage of how the structure of your brain works, listeners will learn how to take their mental performance to the next level. Combining the latest findings in neuroscience and neurobiology with a hacker-inspired get it done now perspective, Asprey offers a program structured around key areas of brain performance that will help you power the brain with exactly what it needs to perform at its best all day long: eliminate the sources of kryptonite, both nutritional and environmental, that make the brain slower; supercharge the cellular powerhouses of our brains, the mitochondria, to eliminate cravings and turn up mental focus; reverse inflammation to perform...

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