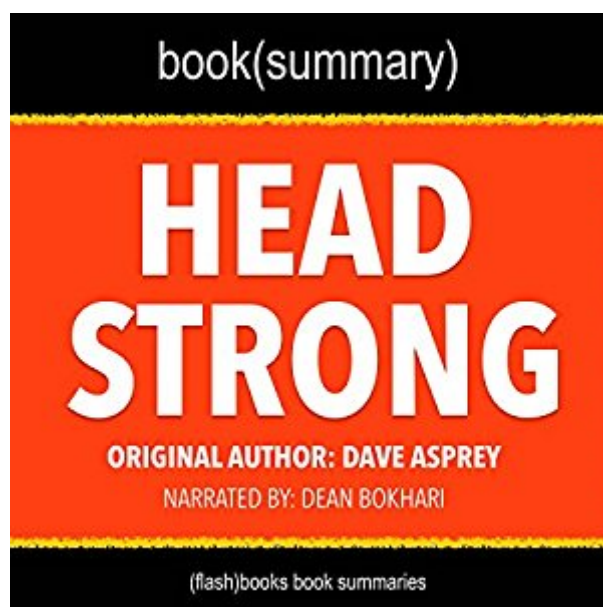


The book was found

Summary Of Head Strong By Dave Asprey: The Bulletproof Plan To Activate Untapped Brain Energy To Work Smarter And Think Faster - In Just Two Weeks



Synopsis

Note: This is a book summary and not the original book. From the creator of Bulletproof Coffee and author of the best-selling The Bulletproof Diet comes a revolutionary plan to upgrade your brainpower - in two weeks or less. 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 audiences how to biohack their 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 it suddenly became easier to do the very hardest things you do? Or if you could feel 100% 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.

Book Information

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