

BIOHACKING SECRETS

TOP SECRET LIFESTYLE HACKS FOR
OPTIMAL LIVING



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Biohacker's Handbook Olli Sovijärvi, M.D., Teemu Arina, Jaakko Halmetoja, Biohacking is all about optimizing human performance health and well being by utilizing science technology and a deep understanding of human physiology and nutrition Biohacker's Handbook is the most anticipated health wellness book of the decade The authors Olli Sovijärvi M D technology expert Teemu Arina and nutrition expert Jaakko Halmetoja upgrade the fundamentals of a balanced life sleep nutrition exercise work and the mind What is the 20 % that will lead to 80 % of the results when it comes to optimal well being Biohacker's Handbook takes the latest research into holistic health and turns it into practical and applicable information in a visual and readable format With more than 1500 references and hundreds of images Biohacker's Handbook is the missing manual of the human body and an essential addition to the library work desk kitchen gym suitcase and bedroom of anyone with a genuine interest in optimal human performance health and wellbeing Pages 572 in printed version References 1634 Edition 1st Authors Olli Sovijärvi Teemu Arina Jaakko Halmetoja Visual design layout and illustrations Lotta Viitaniemi

Biohacker's Magazine Issue 19 , At the end of our lives do we not all have the will to be able to say that we fully lived our life to the extent of our abilities In other words deep down I believe we all have the desire to leave this the world knowing that although we make mistakes and had some pitfalls we did our absolute best to be the highest level of the person we were made to be The reason we all have this desire is not a selfish one but in fact an unselfish one This is because when we are optimizing ourselves to function at our premium versions of ourselves we are providing a stronger more efficient individual to the benefit of the community as a whole Then the question arises how do we know who we are at our maximum level and better yet how do we reach this utmost level of attainment and fulfillment The answer can be summed up to one word Wisdom Wisdom is our best friend It guides us and protects us It strengthens us and nourishes us There are many other words for this Discipline Knowledge etc but Wisdom is perhaps the word with the most meaning When humans make it their mission to grow towards something higher something more transcendent than their baseline selves they are undertaking the process of acquiring wisdom Wisdom can be sought in many ways books orators experiences Biohacking in a most fundamental sense is for all intents and purposes an avenue to acquiring wisdom about ourselves both subjectively and objectively and taking this knowledge to optimize our entire self soul mind body for purpose of healthy growth and prosperity In our forever increasingly busy world full of languishing and slothful distractions we must continually fight back the urge to give more of our time to these easy mind numbing diversions and instead see the present and long term benefits of allocating our time towards to pursuit of wisdom and optimization essentially the pursuit of happiness Prioritize your biohacks and self growth habits in your life and continue leveling up [Whitaker's Five-year Cumulative Book List](#) ,1958

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