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# 5 Edition Biohacking

**Léo Pomar**



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supplement *Fer brou per ser lliure* Marina Ribas, 2026-03-17 Un manifest de la cuina com el lloc on la nostra vida agafa sentit Cuinar s'un dels actes més universals que existeix Vertebra la nostra identitat el paisatge i la terra en qu'ens reconeixem Tot i així sovint hem arraconat les receptes pròpies per seguir modes o hem assumit que alimentar-nos s'un afer individual sense veure tot el que s'hi amaga Amb una escriptura honesta i d'arrels profundes Marina Ribas dietista pagesa i divulgadora culinària ens obre la porta al seu univers íntim on la cuina s'amor tradició i resistència Entre l'assaig i la crònica personal quotidiana *Fer brou per ser lliure* s'un recorregut per les olors els records i els rituals que han marcat la nostra manera d'entendre el menjar i ens convida a pensar en tot all que ens sosté les tradicions les cures la comunitat i el teixit compartit en mig d'un món on tothom t'pressa i fer un brou a foc lent s'la veritable revolució Una invitació deliciosa a repensar el temps en qu'vivim *Symposium*, 2007 *The National Dean's List*, 1998-99, 1999-11 **Neue Aufsätze in der Bibliothek**, 1991 **Diversity**, 1992 **Der Spiegel** Rudolf Augstein, 2020 *The Human Upgrade Book - Version 4.0* John J. Navarro, 2026-02-10 What if your health wasn't limited by genetics but by switches in your biology no one taught you how to control In *The Human Upgrade Book Version 4.0* John Navarro reveals a root cause framework to optimize energy focus and longevity using cutting edge science and proven biohacking protocols Inside you'll discover how to Activate cellular switches that drive performance and prevent fatigue Unlock genetic insights to personalize your nutrition and training Apply hydration fasting and carnivore protocols for maximum results Leverage cold heat and recovery science to supercharge resilience Whether you're a health professional or just starting your optimization journey this book is your blueprint for upgrading body and mind **Unstoppable** Ben Angel, 2021-01-12 Unlock Your Potential Become Unstoppable Unable to overcome debilitating fatigue and depression bestselling author and personal development expert Ben Angel set out on a 90 day mission to find and conquer the root of his rut The result of his journey is *Unstoppable* a highly revealing book where Ben gives you a look into the world of nootropics wearable devices and nutrition and delivers a guide to help you reduce stress increase focus improve physical performance and eliminate your fears You'll hear from world leading biohackers neuroscientists doctors and New York Times bestselling author Dave Asprey as Ben helps you Identify the seven triggers causing your brain fog Discover the key to better health more energy and a better mood Optimize your mental performance and feel more alert with six nootropics Form new behaviors and break old patterns the real secret to your success Interrupt your stress response through breathing Align your biochemistry with your soul's purpose in three easy steps Use progressive overload to become an upgraded version of yourself Plus gain access to the *Unstoppable Assessment* to discover your identity type pinpoint your energy levels and create a plan to break through your own limits and become unstoppable When we look at the most successful people we usually look at their habits their behaviors their day to day rituals their dedication But what about the mind Ben Angel hits this idea head on in *Unstoppable* tackling peak performance with biohacking strategies that will blow your mind Dr Ivan Misner founder of BNI and New York Times bestselling author

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