



# Mind Performance Hacks: Tips & Tools for Overclocking Your Brain

*Ron Hale-Evans*

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## Mind Performance Hacks: Tips & Tools for Overclocking Your Brain Ron Hale-Evans

You're smart. This book can make you smarter. *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. 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
- Put down your calculator and perform complex math in your head, with your fingers, or on the back of a napkin
- Spark your creativity with innovative brainstorming methods
- Use effective systems to capture new ideas before they get away
- Communicate in creative new ways-even using artificial languages
- Make better decisions by foreseeing problems and finding surprising solutions
- Improve your mental fitness with cool tricks and games

While the hugely successful *Mind Hacks* showed you how your brain works, *Mind Performance Hacks* shows you how to make it work better.

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Spent a free time to be fun activity to accomplish! A lot of people spent their free time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the book untitled Mind Performance Hacks: Tips & Tools for Overclocking Your Brain can be excellent book to read. May be it may be best activity to you.

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