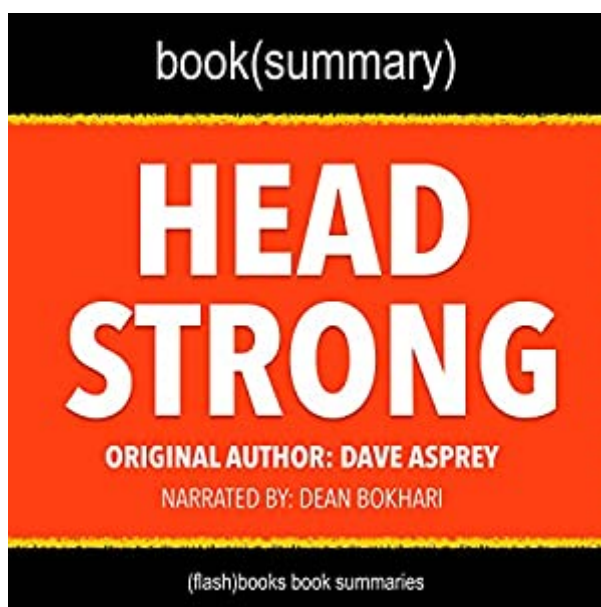


The book was found

# 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

Audible Audio Edition

Listening Length: 32 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: FlashBooks Book Summaries

Audible.com Release Date: June 22, 2017

Language: English

ASIN: B072XXZBGS

Best Sellers Rank: #83 in Books > Audible Audiobooks > Nonfiction > Study Aids #119

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #2388

in Books > Audible Audiobooks > Health, Mind & Body

[Download to continue reading...](#)

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 Head Strong: The Bulletproof Plan to Activate Untapped Brain Energy to Work Smarter and Think Faster - in Just Two Weeks Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and

Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1) Bulletproof Coffee: Power from an unusual Source (Weight Loss, Energy Boost, Paleo approved, Bulletproof Diet, Coffee) Activate Your Brain: How Understanding Your Brain Can Improve Your Work - and Your Life Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes) Summary Michael D Watkin's The First 90 Days: Proven Strategies for Getting Up to Speed Faster and Smarter, Updated and Expanded Summary of Smarter Faster Better: The Secrets of Being Productive in Life and Business Summary of Smarter Faster Better: The Secrets of Being Productive in Life and Business: in less than 30 minutes Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Computer Memory: Develop A Computer Like Memory In 5 Minutes A Day (Think Faster, Smarter, Sharper) Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback,Hardcover, Summary Book 1) Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Think Like Einstein: Think Smarter, Creatively Solve Problems, and Sharpen Your Judgment. How to Develop a Logical Approach to Life and Ask the Right Questions Dave Pelz's Short Game Bible: Master the Finesse Swing and Lower Your Score (Dave Pelz Scoring Game Series) Think Like Einstein: Think Smarter, Creatively Solve Problems, and Sharpen Your Judgment Dave Pelz's Putting Bible: The Complete Guide to Mastering the Green (Dave Pelz Scoring Game Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

