



## Brainhack: Tips and Tricks to Unleash Your Brain s Full Potential

By Neil Pavitt

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Ever had those moments where you ve been pondering a problem for ages, trying to make a decision or come up with a new idea, and then the second you get up to make a cup of tea, call a friend to talk it through, or simply decide sleep on it , you suddenly find the answers you re looking for, the solutions are obvious, and the new ideas just won t stop coming? From Edison s light bulb to Hemmingway s novels and even the camouflage used by the Navy in WW1, for many years the world s greatest innovators, creators, and strategists have been harnessing the power of the subconscious mind to solve problems, generate new ideas, and make life-changing decisions; and recent advances in neuroscience have further revealed the amazing plasticity of the brain and its huge power as a processing tool. Using this knowledge of how the mind works, Brainhack reveals the ways you can use this brain power to change-up your thinking and is packed with a series of brainhacking tips and tricks that will help you achieve success in your...



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