



Brain Supplements: Everything You Need to Know about Nootropics to Improve Memory, Cognition and Mental Performance (Paperback)

By Brian Hadora

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Brain Supplements: Everything You Need to Know About Nootropics to Improve Memory, Cognition and Mental Performance Have you ever wanted to improve your mental performance? Have a better memory, solve math problems faster, and just feel mentally on more often? I know I have. In fact, I've spent the last few years learning and experimenting with nutrition and supplements to improve my mental cognition. Since implementing these practices into my life, I've improved my IQ by 8 points, can now memorize 10 digit phone numbers after hearing them once, and generally feel like my mind is sharp and light. In this book Brain Supplements: Everything You Need to Know About Nootropics to Improve Memory, Cognition and Mental Performance, I cover the different kinds of brain supplements available to everyone (not just Air Force fighter pilots and Navy Seals), and show you what supplements will help you improve your mental performance. Preview or purchase my book now to see each of the types of supplements in detail! What is NOT in this book. (for a good reason) In this...



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