



**Unlock Mental Performance with Mind
Hacks by Superhuman Habits**

Mind Performance Hacks Mind Performance Hacks

Dave Cutcher



Mind Performance Hacks Mind Performance Hacks:

Mind Performance Hacks Ron Hale-Evans, 2006-02-06 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. *Mind Performance Hacks / druk 1* Ron Hale-Evans, 2009-05

Tactische en strategische trucs om de eigen cognitieve vermogens te verbeteren **Mind Performance Hacks** Ron Hale-Evans, 2009-10-28 Mind performance hacks is het boek om je brein te optimaliseren en een betere denker te worden. In het razende tempo van de hedendaagse informatiesamenleving vereist het onder controle houden van je leven het hacken van je brein. Met dit boek baan je je een weg door de chaos en stem je je brein doelbewust veilig en productief af. Het is gebaseerd op moderne onderzoeken en theorieën en biedt praktische oplossingen die je onmiddellijk kunt toepassen. Mind performance hacks is gevuld met hacks die je leren om geheugensteuntjes te gebruiken om nummers, namen, data en andere zaken te herinneren. Je rekenmachine aan de kant te schuiven en complexe wiskunde uit je hoofd met je vingers of op de achterkant van een bierviltje uit te voeren. Je creativiteit aan te wakkeren met innovatieve brainstormmethoden. Doeltreffende systemen te gebruiken voor het vastleggen van nieuwe ideeën voordat je ze vergeet. Te communiceren op creatieve nieuwe manieren, zelfs gebruikmakend van kunsttalen. Betere beslissingen te nemen door problemen te voorzien en met verrassende oplossingen te komen. Je mentale fitheid te verbeteren met coole trucs en spelletjes. Mind performance hacks laat je niet alleen zien hoe je brein werkt, het laat je ook zien hoe je de werking kunt verbeteren. **30 Time Management Tips To**

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Simon Monk,2011-06-22 UNLEASH YOUR INNER MAD SCIENTIST Wonderful I learned a lot reading the detailed but easy to understand instructions BoingBoing This wickedly inventive guide explains how to design and build 15 fiendishly fun electronics projects Filled with photos and illustrations 15 Dangerously Mad Projects for the Evil Genius includes step by step directions as well as a construction primer for those who are new to electronics projects Using easy to find components and equipment this do it yourself book shows you how to create a variety of mischievous gadgets such as a remote controlled laser motorized multicolored LEDs that write in the air and a surveillance robot You ll also learn to use the highly popular Arduino microcontroller board with three of the projects 15 Dangerously Mad Projects for the Evil Genius Features step by step instructions and helpful illustrations Covers essential safety measures Reveals the scientific principles behind the projects Removes the frustration factor all required parts are listed along with sources Build these devious devices to amaze your friends and confound your enemies Coil gun Trebuchet Ping pong ball minigun Mini laser turret Balloon popping laser gun Touch activated laser sight Laser grid intruder alarm Persistence of vision display Covert radio bug Laser voice transmitter Flash bomb High brightness LED strobe Levitation machine Snailbot Surveillance robot Each fun inexpensive Evil Genius project includes a detailed list of materials sources for parts schematics and lots of clear well illustrated instructions for easy assembly The larger workbook style layout and convenient two column format make following the step by step instructions a breeze VIDEOS PHOTOS AND SOURCE CODE ARE AVAILABLE AT WWW DANGEROUSLYMAD COM Make Great Stuff TAB an imprint of McGraw Hill Professional is a leading publisher of DIY technology books for makers hackers and electronics hobbyists *tinyAVR Microcontroller Projects for the Evil Genius* Dhananjay Gadre,Nehul Malhotra,2011-01-31 CREATE FIENDISHLY FUN tinyAVR MICROCONTROLLER PROJECTS This wickedly inventive guide shows you how to conceptualize build and program 34 tinyAVR microcontroller devices that you can use for either entertainment or practical purposes After covering the development process tools and power supply sources tinyAVR Microcontroller Projects for the Evil Genius gets you working on exciting LED graphics LCD sensor audio and alternate energy projects Using easy to find components and equipment this hands on guide helps you build a solid foundation in electronics and embedded programming while accomplishing useful and slightly twisted projects Most of the projects have fascinating visual appeal in the form of large LED based displays and others feature a voice playback mechanism Full source code and circuit files for each project are available for download tinyAVR Microcontroller Projects for the Evil Genius Features step by step instructions and helpful illustrations Allows you to customize each project for your own requirements Offers full source code for all projects for download Build these and other devious devices Flickering LED candle Random color and music generator Mood lamp VU meter with 20 LEDs Celsius and Fahrenheit thermometer RGB dice Tengu on

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PICAXE Microcontroller Projects for the Evil Genius Ron Hackett,2010-09-05

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101 Spy Gadgets for the Evil Genius 2/E Brad Graham, Kathy McGowan, 2011-10-29 CREATE FIENDISHLY FUN SPY TOOLS AND COUNTERMEASURES Fully updated throughout this wickedly inventive guide is packed with a wide variety of stealthy sleuthing contraptions you can build yourself 101 Spy Gadgets for the Evil Genius Second Edition also shows you how to reclaim your privacy by targeting the very mechanisms that invade your space Find out how to disable several spy devices by hacking easily available appliances into cool tools of your own and even turn the tables on the snoopers by using gadgetry to collect information on them Featuring easy to find inexpensive parts this hands on guide helps you build your skills in working with electronics components and tools while you create an impressive arsenal of spy gear and countermeasures The only limit is your imagination 101 Spy Gadgets for the Evil Genius Second Edition Contains step by step instructions and helpful illustrations Provides tips for customizing the projects Covers the underlying principles behind the projects Removes the frustration factor all required parts are listed Build these and other devious devices Spy camera Infrared light converter Night vision viewer Phone number decoder Phone spammer jammer Telephone voice changer GPS tracking device Laser spy device Remote control hijacker Camera flash taser Portable alarm system Camera trigger hack Repeating camera timer Sound and motion activated cameras Camera zoom extender

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