



# *Mind* Hacks

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

# Mind Performance Hacks Mind Performance Hacks

Ron Hale-Evans

## **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 Improve Performance At Work And Personal Life** Chris Diamond, You are about to discover 30 time saving tips in order to improve your performance and build grow or even maintain a profitable business I'll show you in detail not just what to do but how to do it All of the 30 tips are practical and used by top performers and time management experts who really achieve extraordinary results The goal of this report is to help you get more available time out of your busy schedule get more done in significantly less time increase your energy to get things done stay focused on tasks without getting sidetracked have more confidence in your outcome without getting distracted by shiny objects increase your leverage without being dependent on

other people improve your personal productivity outsource effectively and much more If you do not like this report for whatever reason your money back is guaranteed Grab a copy now [15 Dangerously Mad Projects for the Evil Genius](#) 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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Robert E. Iannini, 2013-06-22 BUILD ALL NEW FIENDISHLY FUN ELECTRONICS PROJECTS Spark your creativity with this wickedly inventive guide Electronic Gadgets for the Evil Genius Second Edition is filled with completely new amped up projects that will shock and amaze such as super big Tesla coils lasers plasma devices and electrokinetics contraptions Using affordable easy to find components and equipment each do it yourself project begins with information on safety the difficulty level practical uses for the gadget and the tools needed to complete the project You'll gain valuable skills while enjoying hours of rewarding and slightly twisted fun Electronic Gadgets for the Evil Genius Second Edition Features step by step instructions and helpful illustrations Provides full schematic and construction details for every project Covers the scientific principles behind the projects Removes the frustration factor all required parts are listed along with sources Build these and other devious devices Automatic programmable charger Full feature plasma driver Capacitor discharge drilling machine and dielectric tester Capacitor exploder Field detector High power therapeutic magnetic pulser Singing arc Solid state Tesla coil Six foot Jacob's ladder Free high voltage experimental energy device HHO reactor cell Hydrogen howitzer Faraday cage

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Optimization Solutions In Oracle PL SQL Performance Tuning Tips Techniques Oracle ACE authors with decades of experience building complex production systems for government industry and educational organizations present a hands on approach to enabling optimal results from PL SQL The book begins by describing the discovery process required to pinpoint performance problems and then provides measurable and repeatable test cases In depth coverage of linking SQL and PL SQL is followed by deep dives into essential Oracle Database performance tuning tools Real world examples and best practices are included throughout this Oracle Press guide Follow a request driven nine step process to identify and address performance problems in web applications Use performance related database tools including data dictionary views logging tracing PL SQL Hierarchical Profiler PL Scope and RUNSTATS Instrument code to pinpoint performance issues using call stack APIs error stack APIs and timing markers Embed PL SQL in SQL and manage user defined functions Embed SQL in PL SQL using a set based approach to handle large volumes of data Properly write and deploy data manipulation language triggers to avoid performance problems Work with advanced datatypes including LOBs and XML Use caching techniques to avoid redundant operations Effectively use dynamic SQL to reduce the amount of code needed and streamline system management Manage version control and ensure that performance fixes are successfully deployed Code examples in the book are available for download

*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

## **30 Arduino Projects for the Evil Genius** Simon Monk,2010-08-23 30 Ways to Have Some Computer Controlled Evil Fun The steps are easy to follow text is precise and understandable uses very clear pictures and schematics to show what needs doing Most importantly these projects are fun Boing Boing This wickedly inventive guide shows you how to program and build a variety of projects with the

Arduino microcontroller development system Covering Windows Mac and Linux platforms 30 Arduino Projects for the Evil Genius gets you up to speed with the simplified C programming you need to know no prior programming experience necessary Using easy to find components and equipment this do it yourself book explains how to attach an Arduino board to your computer program it and connect electronics to it to create fiendishly fun projects The only limit is your imagination 30 Arduino Projects for the Evil Genius Features step by step instructions and helpful illustrations Provides full schematic and construction details for every project Covers the scientific principles behind the projects Removes the frustration factor all required parts are listed along with sources Build these and other devious devices Morse code translator High powered strobe light Seasonal affective disorder light LED dice Keypad security code Pulse rate monitor USB temperature logger Oscilloscope Light harp LCD thermostat Computer controlled fan Hypnotizer Servo controlled laser Lie detector Magnetic door lock Infrared remote 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 In December 2011 Arduino 1 0 was released This changed a few things that have caused the sketches for Projects 10 27 and 28 in this book to break To fix this you will need to get the latest versions of the Keypad and IRRemote libraries The Keypad library has been updated for Arduino 1 0 by its original creators and can be downloaded from here <http://www.arduino.cc/playground/Code/Keypad> Ken Shirriff's IRRemote library has been updated and can be downloaded from here <http://www.arduinoevilgenius.com/new-downloads> Make Great Stuff TAB an imprint of McGraw Hill Professional is a leading publisher of DIY technology books for makers hackers and electronics hobbyists [Recycling Projects for the Evil Genius](#) Russel Gehrke, 2010-08-05 Have some thoroughly green evil fun This wickedly inventive guide explains how to create a variety of practical environmentally friendly items you can use for yourself or resell for profit Recycling Projects for the Evil Genius is filled with detailed directions on how to successfully complete each green project and discusses important safety issues Using easy to find components and tools this do it yourself book shows you how to brew up green cleaners transform all types of paper into building materials safety rid your home and yard of pests and much more all on the cheap Recycling 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 Make your own green Household cleaners Laundry soap Citrus oil extract Pest and weed control solutions Recycled plastic lumber and landscape blocks Recycled asphalt shingle paver bricks and road patch compound Concrete paper mache blocks garden walls stepping stones and structures Solar powered composter Garden friendly charcoal And more Each fun inexpensive and slightly wicked 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

**The Open Laboratory** Reed A. Cartwright,2008 A collection of fifty three selected blog posts showcasing the quality and diversity of science writing on blogs in 2007 You can see the background story on how the book came about here and order the first 2006 volume here [Holography Projects for the Evil Genius](#) Gavin D J Harper,2010-06-05 Take Your Imagination to Another Dimension This wickedly inventive guide explores the art and science of holography and shows you how to create your own intriguing holograms using inexpensive materials Holography Projects for the Evil Genius explains the tools and techniques you need to know to represent three dimensions on a flat two dimensional plane Using easy to find components and equipment this do it yourself book presents a wide variety of holography projects including science fair ideas that are guaranteed to impress You ll find detailed guidelines and parameters as well as discussions of the theory behind the practice Holography Projects for the Evil Genius Features step by step instructions and helpful illustrations for each project Allows you to customize your projects Includes details on the scientific principles behind the projects Removes the frustration factor all required parts are listed along with sources Enlightening coverage of The history of holography Human vision basics Practical optics How to bend and distort laser light to form a hologram Holographic chemistry Setting up your holography workshop Working with lasers glass plates and film Basic to advanced holographic setups Advanced holographic chemical preparations Computer generated holography Electronic circuits for holographers

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Richard Niemiec,2007-07-16 Offers hundreds of hints tips and tricks of the trade that can be useful to any DBA wanting to achieve maximum performance of Oracle applications No Oracle library would be complete without this book Ken Dr DBA Jacobs Vice President of Product Strategy for Server Technologies Oracle Corporation Rich is the first and last stop for Oracle Database technology and performance tuning His knowledge is a vital tool that you need to successfully negotiate the waters of Oracle database development Mike Frey Principal Architect Navteq

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