



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

Mind Performance Hacks Mind Performance Hacks

Ron Hale-Evans



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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

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PICAXE Microcontroller Projects for the Evil Genius Ron Hackett,2010-09-05 WHIP UP SOME FIENDISHLY FUN PICAXE MICROCONTROLLER DEVICES Ron has worked hard to explain how the PICAXE system operates through simple examples and I m sure his easy to read style will help many people progress with their PICAXE projects From the Foreword by Clive Seager Revolution Education Ltd This wickedly inventive guide shows you how to program build and debug a variety of PICAXE microcontroller projects PICAXE Microcontroller Projects for the Evil Genius gets you started with programming and I O interfacing right away and then shows you how to develop a master processor circuit From Hello World to Hail Octavius All the projects in Part I can be accomplished using either an M or M2 class PICAXE processor and Part II adds 20X2 based master processor projects to the mix Part III culminates in the creation of Octavius a sophisticated robotics experimentation platform featuring a 40X2 master processor and eight breadboard stations which allow you to develop intelligent peripherals to augment Octavius functioning The only limit is your imagination PICAXE Microcontroller Projects for the Evil Genius Features step by step instructions and helpful photos and illustrations Allows you to customize each project for your purposes Offers all the programs in the book free for download Removes the frustration factor all required parts are listed along with sources Build these and other devious devices Simple mini stereo jack adapter USBS PA3 PICAXE programming adapter Power supply Three state digital logic probe 20X2 master processor circuit TV R input module 8 bit parallel 16X2 LCD board Serialized 16X2 LCD Serialized 4X4 matrix keypad SPI 4 digit LED display Countdown timer Programmable multi function peripheral device and operating system Octavius advanced robotics experimentation platform L298 dual DC motor controller board 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 Make Great Stuff TAB an imprint of McGraw Hill Professional is a leading publisher of DIY technology books for makers hackers and electronics hobbyists

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Raspberry Pi Projects for the Evil Genius Donald Norris, 2013-09-05 A dozen fiendishly fun projects for the Raspberry Pi This wickedly inventive guide shows you how to create all kinds of entertaining and practical projects with Raspberry Pi operating system and programming environment In Raspberry Pi Projects for the Evil Genius you'll learn how to build a Bluetooth controlled robot a weather station home automation and security controllers a universal remote and even a minimalist website You'll also find out how to establish communication between Android devices and the RasPi 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 makes following the step by step instructions a breeze Build these and other devious devices LED blinker MP3 player Camera controller Bluetooth robot Earthquake detector Home automation controller Weather station Home security controller RFID door latch Remote power controller Radon detector Make Great Stuff TAB an imprint of McGraw Hill Professional is a leading publisher of DIY technology books for makers hackers and electronics hobbyists [Electronic Circuits for the Evil Genius 2/E](#) Dave Cutcher, 2010-10-22 The Fiendishly Fun Way to Master Electronic Circuits Fully updated throughout this wickedly inventive guide introduces electronic circuits and circuit design both analog and digital through a series of projects you'll complete one simple lesson at a time The separate lessons build on each other and add up to projects you can put to practical use You don't need to know anything about electronics to get started A pre assembled kit which includes all the components and PC boards to complete the book projects is available separately from ABRA electronics on Amazon Using easy to find components and equipment Electronic Circuits for the Evil Genius Second Edition provides hours of rewarding and slightly twisted fun You'll gain valuable experience in circuit construction and design as you test modify and observe your results skills you can put to work in other exciting circuit building projects Electronic Circuits for the Evil Genius Features step by step instructions and helpful illustrations Provides tips for customizing the projects Covers the underlying electronics principles behind the projects Removes the frustration factor all required parts are listed along with sources Build these and other devious devices

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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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