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# **Mind Hacks: Tips Tricks For Using Your Brain**

"Mandie has compressed a  
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from her own professional experience so that it is easily digestible and beneficial for those looking to expand and improve their own potential. She introduces a relatable framework and provides solid advice on how

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to find your own archetype and make the most of it towards personal success in your own life. Within this book is a clear-cut guide to help you better understand your own patterns, so you can understand the

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a multi-award winning life and business coach and author of the highly acclaimed Fight the fear. Having coached thousands of people to achieve more there are more than a few millionaires who cite Mandie as the coach that

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helped them achieve it and get what they wanted out of life.

We all know the mind is powerful, but what if something similar to a "Jedi Mind Trick" were actually real? Would you use it? Having used these skills

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to gain position as a top sales manager and worked as a comedian who once tricked an entire city and appeared in national news outlets like Huffington Post with zero PR background or fame, the author

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knows his fair share of mind tricks and how to get ahead and get noticed. The good news? He's willing to share many of his secrets in the form of this book...In this book, among 31 different mind tricks for self-

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#17). And much, much more. "Mind Tricks" is scientifically backed by the latest studies as well as story/anecdote to achieve better confidence, improve testing scores, improve how others perceive you, and



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Using Your Brain"O'Reilly Media,  
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The World is Changing... Fast  
There used to be a saying that  
"good things come to those who  
wait", but times have changed.  
The pace of change, the rise of

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social media, video, podcasting and creating your own platforms have meant our access to information and ability to get in front of the right people has exploded. There is now a level playing field. It's time to step up,

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stand out and put yourself out there. Fear of Rejection, the Imposter and Comparison Holds Back Greatness The pace of change means it's impossible to keep up to date with algorithms and platform technology. It's not

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about the mechanics of these platforms and how to use them that holds us back. What's really going on is the fear of being judged, the fear of rejection, fear of being found out, not being good enough and the fear of

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failure that is really getting in the way. It's time to Put Yourself Out There Whether you want to work with dream clients, ask someone on a date, apply for that job, share your ideas or create a social following, Jane shares the

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problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the

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level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work.

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Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way,

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their craft and vault to the top of their field. Learn how to:

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- design your environment to make success easier;
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on track when you fall off course;  
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will reshape the way you think  
about progress and success, and  
give you the tools and strategies  
you need to transform your  
habits--whether you are a team



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looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal. Sex, Power, Pandemics, and

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Your Brain to Think Faster and  
Clearly in 2 Weeks

Put Yourself Out There

*The brain is a fearsomely complex  
information-processing  
environment--one that often eludes  
our ability to understand it. At any*

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*given time, the brain is collecting, filtering, and analyzing information and, in response, performing countless intricate processes, some of which are automatic, some voluntary, some conscious, and some*

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*unconscious. Cognitive neuroscience is one of the ways we have to understand the workings of our minds. It's the study of the brain biology behind our mental functions: a collection of methods--like brain scanning and*

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*computational modeling--combined with a way of looking at psychological phenomena and discovering where, why, and how the brain makes them happen. Want to know more? Mind Hacks is a collection of probes into the*

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*hack examines specific operations of the brain. By seeing how the brain responds, we pick up clues about the architecture and design of the brain, learning a little bit more about how the brain is put together. Mind Hacks begins your*

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*find: Release Eye Fixations for  
Faster Reactions See Movement  
When All is Still Feel the Presence  
and Loss of Attention Detect  
Sounds on the Margins of Certainty  
Mold Your Body Schema Test Your  
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*Lights Make Events Understandable  
as Cause-and-Effect Boost Memory  
by Using Context Understand Detail  
and the Limits of Attention Steven  
Johnson, author of "Mind Wide  
Open" writes in his foreword to the  
book, "These hacks amaze because*

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*they reveal the brain's hidden logic;  
they shed light on the cheats and  
shortcuts and latent assumptions  
our brains make about the world."*  
*If you want to know more about  
what's going on in your head, then  
Mind Hacks is the key--let yourself*

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*play with the interface between you  
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*Flow State Runner offers a  
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*sharing stories from ultra-running and life to reinforce his innovative and inspiring set of coaching concepts. Jeff draws upon his experience as an ultra-endurance athlete, yoga teacher, mental toughness coach, musician, and*

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*coach's voice in your mind,  
teaching you how to: ATTAIN high  
quality, fulfilling running  
experiences SET the conditions for  
experiencing flow (in-the-zone  
performance) INTEGRATE the best  
physical, mental, and spiritual*

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*techniques to suit your needs and style CONNECT to your peak potential with breath training, potent visualization practices, and a compelling set of mental training tools ENHANCE your approach to training and racing with creative*

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*structure, immediately useful  
templates & lists, and helpful race  
day routines PROACTIVELY  
ADDRESS overload, stress, and  
balance While Flow State Runner is  
focused on running, many of Jeff's  
lessons transfer seamlessly and*

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*supportively into other areas of life. Keith Barry is the world's leading TV Hypnotist, Mentalist And Brain Hacker. He has mastered the unique ability to hack into people's minds and rewire their subconscious. In this*

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*you to move forward. When you master these methods, you too will discover that anything is possible when you put your mind to it! "Tips & tools for overclocking your brain"--Cover.*

*Prime Your Sub-conscious Mind*

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*for Success, Develop Intuition for  
Guided Intelligence, Learn  
Technique to Tap Your Mind's  
Power and Become Limitless. Have  
you ever wondered why some people  
grow so fast using their mind  
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*limitless and a lot more. HACK  
YOUR MIND is a wonderful  
collection of short real life stories  
about how real people in the real  
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other things, and your happiness will  
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individual lives. For a hundred years, he says, many of us have assumed that the most powerful route to self-knowledge took the form of lying on a couch, talking about our childhoods. The possibility entertained in this book is that you can follow another path, in

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which learning about the brain's mechanics can widen one's self-awareness as powerfully as any therapy or meditation or drug. In *Mind Wide Open*, Johnson embarks on this path as his own test subject, participating in a battery of attention tests, learning to



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control video games by altering his brain waves, scanning his own brain with a \$2 million fMRI machine, all in search of a modern answer to the oldest of questions: who am I? Along the way, Johnson explores how we "read" other people, how the brain processes

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chronic disease. While researching the toxic and addictive properties of sugar for his New York Times bestseller Fat Chance, Robert Lustig made an alarming discovery—our

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pursuit of happiness is being subverted by a culture of addiction and depression from which we may never recover.

Dopamine is the “reward” neurotransmitter that



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tells our brains we want more; yet every substance or behavior that releases dopamine in the extreme leads to addiction.

Serotonin is the  
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neurotransmitter that tells our brains we don't need any more; yet its deficiency leads to depression. Ideally, both are in optimal supply. Yet dopamine evolved to

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overwhelm

serotonin—because our  
ancestors were more likely  
to survive if they were  
constantly motivated—with  
the result that constant  
desire can chemically

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destroy our ability to feel happiness, while sending us down the slippery slope to addiction. In the last forty years, government legislation and subsidies

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have promoted ever-  
available temptation  
(sugar, drugs, social  
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constant stress (work,  
home, money, Internet),  
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unprecedented epidemic of addiction, anxiety, depression, and chronic disease. And with the advent of neuromarketing, corporate America has successfully imprisoned us

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representing a  
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cartography, they walk you through the process one step at a time. Mapping Hacks shows you where to find the best sources of geographic data, and then how to integrate that data into your own map. But that's just an appetizer. This comprehensive resource

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