

MANSAL DENTON



A HEAD ABOVE

A SIMPLE GUIDE TO PEAK
MENTAL PERFORMANCE

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A Head Above: A Simple Guide to Peak Mental Performance



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A simple chemical change can have drastic outcomes for our lives and the globe. When 17th and 18th century Europeans replaced alcohol with espresso, it produced the Scientific Revolution and Enlightenment thinking. Today, nootropics, smart medicines, and self-experimentation technology are assisting high performers enhance their mental functionality from Silicon Valley to Wall Road. But peak mental performance isn't for everybody. To achieve a level of optimal performance, anticipate to change lifestyle practices that are keeping you back and utilize the latest systems to craft your best routine. There is absolutely no magic pill. For all those desiring enhanced imagination, concentration, learning capability, and success, this basic guide can help.



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A healthy balance of scientific reference, skepticism and open-mindedness that every book on this topic requires! A whole lot of books upon this topic tend to be considered a bit too open-minded and exaggerate without supporting their statements with actual scientific references. Mansal's work has a healthy balance of scientific reference, skepticism and open-mindedness that a book such as this requires. He's aware of the complexity of our body and thus doesn't don't keep you aware of how many things come into play when you want to enhance cognitive performance and mental wellness. This book opened up the matrix of brain performance, how it can be improved and the potential benefits. Having ignored most of these at different times of my entire life I identify their importance and I understand how they can interfere with your mental health/performance. This is an excellent book for someone looking to dive into improving mental performance, especially the section on nootropics. That is a great book for anyone interested in studying how to enhance mental performance and improve his mental health in general. Pragmatic Guideline to Mental Performance Enhancement A Mind Above is a pragmatic information to upping your mental efficiency. This book is an incredible resource for anybody who wants their brain to be better. Well-researched, available, and actionable. His how-to recommendations for doing this provide actionable insight and citations, if the reader choose to research further. Definitely worth the purchase. Well-researched yet made accessible through the author's personal lifestyle stories, that is a reference book and how-to guidebook all in a single. Denton's synthesis of the leading scientific study on achieving top mental performance is easy to digest and relevant. His primary message is normally grounded and practical: if we truly want to find the most out of cognitive enhancing supplements, such as nootropics, we must build a strong foundation of the basics of human health - things such as diet, exercise, and sleep. Definitely worth the buy. It also offers a measured perspective as to how these chemicals (should) fit into an overall brain-healthy lifestyle. Easily well worth the \$9.99. Learned Awesome New Hacks Wow, great quick read! I consider myself an amateur "bio hacker" but this book actually helped me clarify why this all works AND then how exactly to perform it better. Sometimes I feel like I'm trying brand-new things because someone says it "works." But this publication explained why they function and then how to do it best, great read, can't recommend more! This book can be an awesome intro for some amazing concepts. For instance, a deficiency in one of the next – Diet, Movement or Social connection can simply sabotage your goals no matter what nootropics you're on. Also loved the more holistic approach, and the way the author included psychological aspects like gratitude and relationships into the picture. This book does a great job of covering all the principles needed to have . When reading up about smart medications or nootropics I often times find the content too dense to check out or shallow. I thought A Head Above was filled with detailed research but nonetheless easy to digest for obvious straightforward takeaways. Exceptional overview and introduction to cognitive enhancement via nootropics This book provides a great overview of this growing interest in cognitive enhancement via smart drugs and nootropics. Mansal skips the "bio-hacks" and focuses on the essentials that are backed by scientific study. By reading this publication you'll also recognize that Mansal talks from encounter on most matters. Getting the the majority of out of your brain--without destroying it I've trusted Mansal with my brain for years. Each and every time some brand-new fad arises claiming to optimize functionality, he's the one I go to. Why? Because he's on the leading edge without losing view of the need for longevity. The longer term, more base-level solutions as offered here do. Highly recommended ! A concentrate on what works What I liked about the approach this reserve took was that it avoids just throwing out "silver bullets" and focuses on sustainable solutions: diet, exercise, the real foundational brain hacks that can improve your mental well being. You can look for quick fixes, however they don't function. He understands the research and potential of nootropics much better than just about anybody, but he also realizes the importance of health--physical, psychological, and mental--to high performance. This book does an excellent job of covering all the principles had a need to have great all-round mental health. This will certainly be a book that I continue to reference as I conduct self-experiments to improve my mental functionality. It covers all of

the essential things you need to know before diving much deeper into experimentation with points such as nootropics or other mental hacks... Would recommend! Five Stars Great information for learning about cognition enhancement. This book is an awesome intro to some amazing concepts Mansal is my go-to for all things nootropics and mental efficiency. A brain booster This book was a big mindset shifter for me personally, sort of like reading the 4-hour work week, where suddenly it looks like you can see the matrix.



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