

WHAT'S IN IT

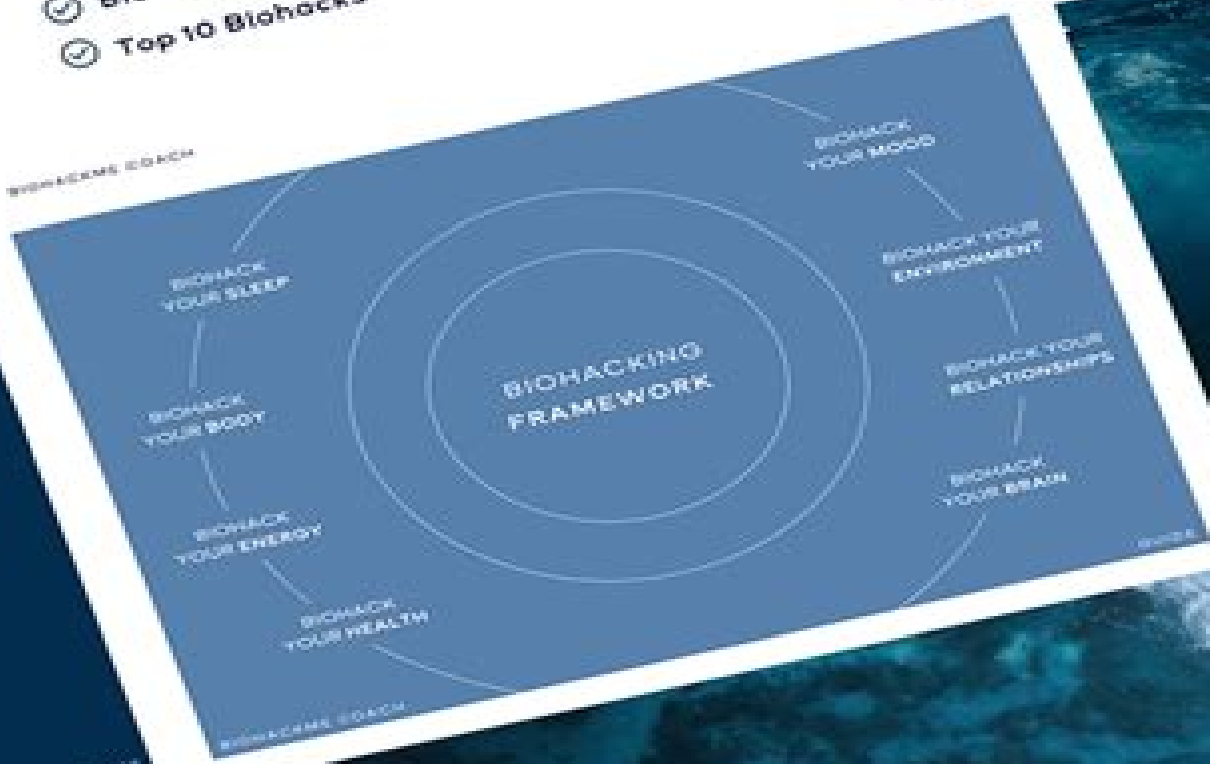
- ✔ WTF is Biohacking?
- ✔ What is a Biohacker Mindset?
- ✔ Biohacking Framework
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of health and well-being
the top priority and most
important

✔ Concept of Bio-industry

Examining cultural perspectives on individual
responsibility, health, gender, rights, technology
and democracy

BIOHACKME COACH



of a Time

A MINDSET

- It's not a matter of *if* you
- It's about *when* you
- It's about *how* you
- It's about *what* you
- It's about *why* you
- It's about *where* you
- It's about *who* you
- It's about *what* you
- It's about *when* you
- It's about *how* you
- It's about *what* you
- It's about *why* you
- It's about *where* you
- It's about *who* you

BIOHACKME COACH

BIOHACKME GUIDE

Life // One Biohack at a Time

Here are some budget-friendly biohacking tips:

- **Prioritize Sleep Health Matters:** Start with the basics such as getting enough sleep, staying hydrated, and eating a balanced diet rich in whole foods, and exercising regularly. These habits are the foundation of good health, and can significantly impact your well-being without costing much.
- **Intermittent Fasting:** Consider intermittent fasting, which involves cycling between periods of eating and not eating. It's not only cost-effective but also has various health benefits such as improved insulin sensitivity, weight management, and more.

Biohacking Framework

Dr. Max Kellen



Biohacking Framework:

Biohacking Framework: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. Biohacking Framework : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Biohacking Framework : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Biohacking Framework : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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