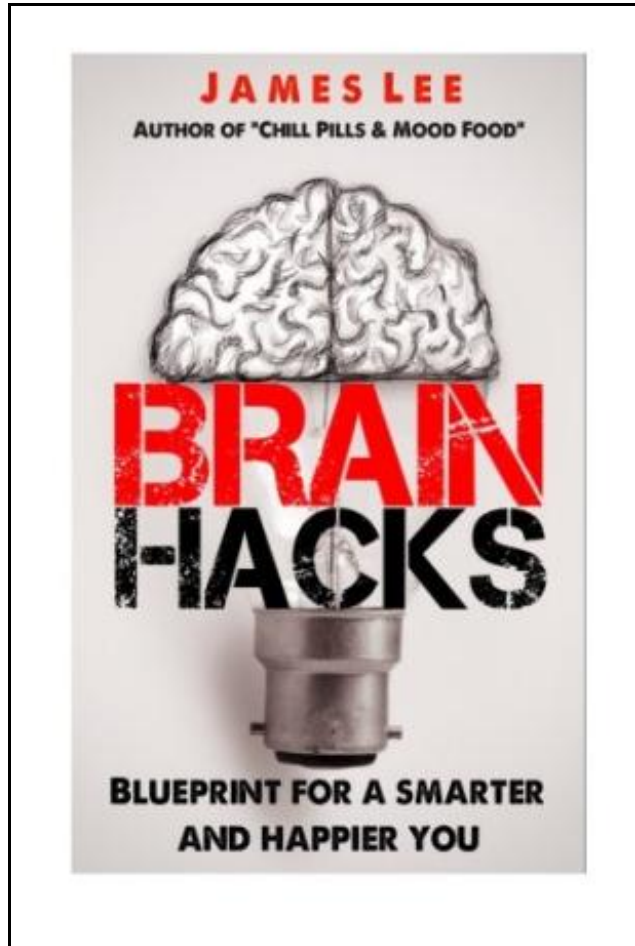


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 90 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. All the content from Brain 2.0, Chill Pills and Mood Food plus a brand new section on using exercise to repair and optimize your brain. Learn how to build a better brain than the competition through clever nutrition, supplementation and exercise therapy. James Lee is driven to do whatever it takes to build a better brain. This obsession has seen him spend hundreds of hours scouring through research journals and meta-analyses to find exactly what works and what doesn't work. In his quest to find out all there is to know about the emerging area of nootropics, he has assembled a group of supplements and drugs which have all demonstrated clear effectiveness in clinical trials and experiential reports. But there is one hard and fast rule - enhanced mood or cognition can never be at the expense of long term brain health. Sure, anyone can do a line of meth and stay up all night getting work done - but at what long term cost. Fortunately, you can enhance mood, cognition and memory recall by slowly repairing and enhancing your brain. In this book you will learn about - - What is acetylcholine and why is it so important for brain function - What are racetams - What supplements have matched pharmaceutical drugs for antidepressant effectiveness - What is curcumin and why can it reduce inflammation in the brain and treat depression - What drugs are safe to use to enhance brain function. Note - for anyone who has already read Lee's previous books, this book is a compendium of Brain 2.0, Chill Pills and Mood Food along with a brand new section on exercise...



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