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THE BIOHACKING MANIFESTO: THE SCIENTIFIC BLUEPRINT FOR A LONG, HEALTHY AND HAPPY LIFE USING CUTTING EDGE ANTI-AGING AND NEUROSCIENCE BASED HACKS



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What exactly is biohacking ? Biohacking is just a fancy word for optimizing your own biological potential, and in the context of this brand new book from James Lee (author of The Methuselah Project) it means achieving this via - - Slowing the process of cellular aging to extend longevity - Whether by reducing oxidative...

Read PDF The Biohacking Manifesto: The Scientific Blueprint for a Long, Healthy and Happy Life Using Cutting Edge Anti-Aging and Neuroscience Based Hacks

- Authored by Dr James Lee
- Released at 2015



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Reviews

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be the best publication for at any time.

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This ebook is amazing. I actually have read and i also am certain that i will going to read once more again down the road. I found out this pdf from my dad and i advised this book to discover.

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