

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

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*Mind Hacks: Tips and Tricks for Using Your Brain is a book using cognitive neuroscience to present experiments, tricks, and tips related to aspects of the brain by Tom Stafford and Matt Webb. The book was published by O'Reilly in November 2004 as part of the O'Reilly Hacks series. It has since been published in six different languages.*

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## *Mind Hacks: Tips & Tricks for Using Your Brain by Tom Stafford*

*In short, your mind's power would increase significantly for a short duration after using these psychological hacks. Let us first define a mind/brain hack: In the context of this article, a mind hack or a brain hack is any activity that you can do which will deliberately manipulate your brain's functioning to give you some benefit.*

## *Hack Your Mind: 23 Tricks to Learn Anything Better*

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*out what's going on inside your brain.*

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*Have you always wondered about subtle things you can do to exponentially improve the outcome of situations you encounter in life? These incredible yet simple mind hacks are incredible little bits of advice that will help you come out on top without actually doing any extra work. Sounds pretty awesome? It is. Fooling your own brain may be easier than you think.*

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*Shutterstock. The next time you're at the supermarket, make sure to throw an extra grapefruit into your cart—not for eating, but*

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*for cleaning. According to the money-saving DIY experts at The Krazy Coupon Lady, this citrus fruit is the perfect solution for a dirty tub. Just cut the fruit open and cover it in salt. "The salt creates an abrasive texture while the citric acid in the grapefruit ...*

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