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Hack Your Mind To Become

Personal information can easily be gleaned from sites such as Facebook. 8. Beware open wifi. We all know there's a risk involved in using an open wireless network. But you may not realise how ...

12 ways to hack-proof your smartphone - the Guardian

The Guardian recently published an article saying "People won't get 'tired' of social distancing - and it's unscientific to suggest otherwise". "Behavioural fatigue" the piece said, "has no basis in science". 'Behavioural fatigue' became a hot topic because it was part of the UK Government's justification for delaying the introduction of stricter public health measures.

Mind Hacks - Neuroscience and psychology news and views.

That means there's a good chance this person is on your mind because you do care in some way about them in some way, shape, or form. 2) You're attracted to them ... That's why the first step is to become vigilant with your thoughts. ... Hack Spirit is one of the leading authorities providing practical and accessible relationship advice ...

What it really means when someone keeps coming to mind - Hack Spirit

Brain stimulation can influence parts of our brain that drive our morals and cognition.; We can become fairer, smarter, more self-controlled, more positive, more caring, and even more transcendent ...

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We Can Hack Our Brains to Become Better People | Neuromodulation

It starts with your thinking and what you tell yourself today. Remind yourself of this truth. And remind yourself that the absolute best lessons we learn in life are the lessons we learn over and over again. The human mind needs lots of proactive reminders—lots of practice—to operate effectively through thick and thin.

Marc and Angel Hack Life - Practical Tips for Productive Living

Surprising facts and being wrong can warm up your mind for stretching it open. 1. Warm up your mind before opening it. Get the blood flowing and work up a little bit of sweat with some easy mind-changers. For example: Napoleon was above average in height. The spiciest part of chili peppers isn't the seeds. Buddha was not chubby. Bats are not ...

How to Be More Open-Minded: 9 Quick Exercises to Try Today

Your eyes are the window to your soul and provide a doorway through which to get to know you better. When you don't want people to know you, you keep your eyes to the ground. When you're open and willing to be engaged, you keep your head up. And perhaps he is just trying to work out what you're feeling and thinking. 13. He is confident in ...

12 reasons a guy stares into your eyes deeply - Hack Spirit

"Questions are places in your mind where answers fit. If you haven't asked the question, the answer has nowhere to go. It hits your mind and bounces right off. You have to ask the question - you have to want to know - in order to open up the space for the answer to fit." - Cla...

All Design Lessons - Hack Design

Keith Barry hacks into people's brains for a living but during my one-hour conversation with this

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world-renowned mentalist and magician I got a peek inside his own subconscious mind, and ...

The Keith Barry mind hack: “I had a mad dream about Bono, where he was ...

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it

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