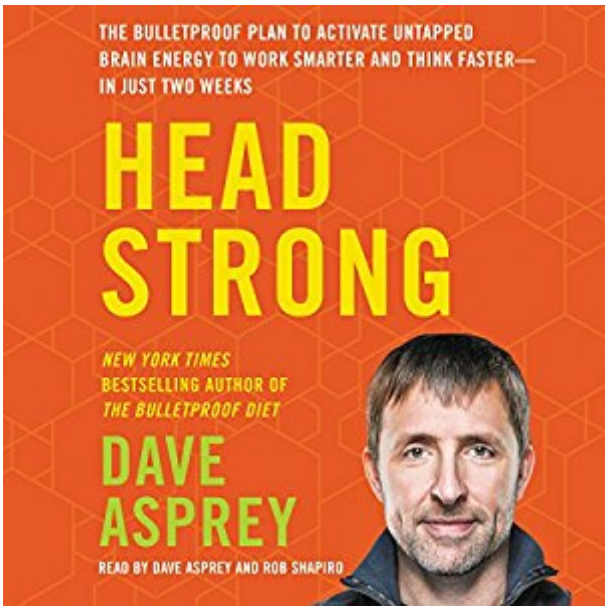
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Head Strong: The Bulletproof Plan To Activate Untapped Brain Energy To Work Smarter And Think Faster - In Just Two Weeks



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Synopsis

From the creator of Bulletproof Coffee and author of the best-selling The Bulletproof Diet comes a revolutionary plan to upgrade your brainpower - in two weeks or less. For the last decade, Silicon Valley entrepreneur Dave Asprey has worked with world-renowned doctors and scientists to uncover the latest, most innovative methods for making humans perform better - a process known as "biohacking". In his first book, The Bulletproof Diet, he shared his biohacking tips for taking control of your own biology. Now, in Head Strong, Asprey shows listeners how to biohack their way to sharper, smarter, faster, more resilient brains. Imagine feeling like your mind is operating at its clearest and sharpest and being able - possibly for the first time in your life - to do more in less time. What if it suddenly became easier to do the very hardest things you do? Or if you could feel 100 percent confident about your intellect and never again fear being the person in the room who just isn’t smart enough or can’t remember something important? How would you treat people if the mood swings, short temper, and food cravings that disrupt your day could simply disappear? In Head Strong, Asprey shows us that all of this is possible - and more. Using his simple lifestyle modifications (or "hacks") to take advantage of how the structure of your brain works, you will learn how to take your mental performance to the next level. Combining the latest findings in neuroscience and neurobiology with a hacker-inspired "get it done now" perspective, Asprey offers a program structured around key areas of brain performance that will help you: Power the brain with exactly what it needs to perform at its best all day long Eliminate the sources of "kryptonite", both nutritional and environmental, that make the brain slower Supercharge the cellular powerhouses of your brain, the mitochondria, to eliminate cravings and turn up mental focus Reverse inflammation to perform better right now, then stay sharp and energized well into your golden years Promote neuron growth to enhance processing speed and reinforce new learning - hotwiring your brain for success Asprey’s easy to follow two-week program offers a detailed plan to supercharge brain performance, including which foods to eat and which ones to avoid, how to incorporate the right kinds of physical activity into your day, a detox protocol for your home and body, meditation and breathing for performance, recommended brain-boosting supplements, and how to adjust the lighting in your home and workspace to give your brain the quality light it thrives on. A better brain - and a happier, easier, more productive life - is within reach. You just need to get Head Strong.

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Customer Reviews

What a kick-ass surprise to find that, David Asprey, would finally get my attention after years of my basically ignoring everything about him because I didn't drink coffee. I finished listening to the audio version of his new book last night and realized that I had thrown out the baby with the bath water. This lass is about to become a daily Bulletproof coffee drinker.Head Strong, has a slew of new ways to alleviate and even solve, some of the age old problems of brain function. From brain fog to ParkinsonÃƒÂ¢Ã â ¬Ã â„¢s, Memory loss to fatigue, plus all sorts of other poor health problems that effect the rest of the body.I gave it 5 stars because: 1) I found the information is so fascinating and pertinent to me that IÃƒÂ¢Ã â ¬Ã â„¢m now listening to it for the third time and I only bought it 4 days ago! 2) Although I would have liked Asprey to have read the entire book, Rob Shapiro, has a great voice and I love how he wasn't shy to make a gasp, a chuckle or other such sound, which added to the mood and delivery of some of the stories that are sandwiched between the science and research explanations. 3) I appreciate the synopsis at the end of each chapter. Great for a quick review. 4) And, by breaking down into small, sometimes obscure and simple steps on how to hack your brain, it becomes so easy and doable that one canÃƒÂ¢Ã â ¬Ã â„¢t help but get excited at the prospect of an improved quality of life.This book gives great detail and insight into mitochondria; the tiny, bacterial powerhouses that are of vital importance to health, mental acuity and above average wellbeing. Mitochondria fuel our brains and indeed our entire bodies. Learning this in detail has me ridiculously excited for the next 2 weeks and beyond as I organize to implement AspreyÃƒÂ¢Ã â ¬Ã â„¢s, Head Strong Plan, to hack my mitochondria to power me back into a healthy state, mentally AND physically. ItÃƒÂ¢Ã â ¬Ã â„¢s liberating to finally understand the bigger picture. It will take a few days to gather the ÃƒÂ¢Ã â ¬Ã Ëœbig gunsÃƒÂ¢Ã â ¬Ã â„¢, as

IÃƒÂ¢Ã â ¬Ã â„¢m going full force. But most everything in this book can be achieved without the extra ÃƒÂ¢Ã â ¬Ã Ëœstuff ÃƒÂ¢Ã â ¬Ã â„¢, (Vibration plates, Far-infrared Saunas, supplements etc) but if youÃƒÂ¢Ã â ¬Ã â„¢re chronically sick and are suffering with a messed-up noggin like mine, best to just go for it, guns blazing and enjoy the benefits of the compounding effect of applying as many mitochondria hacks possible.In a nutshell, if your brain doesn't get its physical needs met via optimized mitochondria to function properly, your WHOLE body is compromised. Asprey doesnÃƒÂ¢Ã â ¬Ã â„¢t seem to bat an eyelid at spending hundreds of thousands of dollars, which makes me hate him (not really!) to access the top researchers and doctors, buying state of the art equipment like cryotherapy chambers (3 minutes of -260ÃƒÂ Ã Â F (-160ÃƒÂ Ã Â C) anyone?) Paying for very expensive lab testing and meditation training to name but a few. However, you DONÃƒÂ¢Ã â ¬Ã â„¢T have to spend more than the price of this book to massively benefit from his own impressive spending spree.This book isnÃƒÂ¢Ã â ¬Ã â„¢t just for the fatigued, the insomniacs or the chronically brain injured. If itÃƒÂ¢Ã â ¬Ã â„¢s only noon and you have a hard time keeping focused. Or youÃƒÂ¢Ã â ¬Ã â„¢re at a party and you can't remember the name of the person you just met. Or you keep losing your keys even though you only got out of your car 2 minutes ago. Or you just forget shite all the time; meetings, deadlines, appointmentsÃƒÂ¢Ã â ¬Ã Â¦underwear? You NEED this information.Don't be put off by the bookÃƒÂ¢Ã â ¬Ã â„¢s length. You don't have to read it cover to cover. If you trust what Asprey has to say or you're willing to just jump in for the 2 week program to see how his hacks might make you feel, you can skip to the end of the chapters for his 'Head PointsÃƒÂ¢Ã â ¬Ã â„¢, these are quick summaries of what to do without the explanation. And his ÃƒÂ¢Ã â ¬Ã ËœHead StartsÃƒÂ¢Ã â ¬Ã â„¢, which are quick hacks you can do NOW!Find below some useful quick references using the Audible chapter numbers. (At this point I don't know if they match the book. I will update once I know.)Chapter 11 covers the 2 week Head Strong Program, jump in and enjoy the included meal recipes.Chapter 12 covers supplements.Chapter 13 covers higher level, bonus hacks to further enhance results.Chapter 16 covers additional resourcesSkip the rest of this review if you donÃƒÂ¢Ã â ¬Ã â„¢t want to hear my personal brain injury history or my progress updates. :O)Nine months ago I got a call from the Colorado Health Department, as I had tested positive for Lyme disease. Then 2 weeks later, I was also diagnosed with severe biotoxin poisoning from toxic mold exposure from living in a water damaged building. (Asprey also suffered both of these, can I say, ÃƒÂ¢Ã â ¬Ã Ëœinconveniences ÃƒÂ¢Ã â ¬Ã â„¢, so he had instant rapport with me) Add adrenal fatigue, no detectable levels of testosterone among a bunch other things and living my life, SUCKED. Although I had suffered much, (as had my family) I was eternally grateful for all my

diagnosisÃƒÂ¢Ã â ¬Ã â„¢ in June 2016.My ND armed me with the know-how to implement a version of an anti-inflammation diet, which had to be tweaked to include a small amount of animal protein 3x a day after comprehensive stool test showed I had a lot of plant protein in my poop. This after nearly a month of being vegan and many more months of barely any animal protein. My body currently doesnÃƒÂ¢Ã â ¬Ã â„¢t assimilate plant protein efficiently. (Hoping this will change as my body heals. Who knew this could be a problem?!!!) I was also prescribed the toxin binding drug, Cholestyramine, and a shelf full of supplements to help restore hormonal balance and other imbalances. Apart from the Lyme diagnosis, this all happened a week after Tony Robbins' gift through his UPW event, of helping me to find my own fire-walking, ass-kicking, healing attitude, of which I'm pretty sure I wouldn't be here today without.I was grateful to learn how I could start to turn my health and consequently, my life, around. However, it wasn't long before I fell off the bandwagon as life got in the way and I didnÃƒÂ¢Ã â ¬Ã â„¢t really understand the why and what of being so ill. I was a single mum with major mold remediation going on in my home and I just didn't feel like I could do both, my brain and my body were so physically taxed and I was uninspired. I felt like I was dying a slow death and I was too overwhelmed to take care of my body and my house at the same time. Roll on the next few months and my health took a dive down a steep decline. The tremors and muscle spasm's began to return. Fatigue, insomnia, mood swings and the overwhelm crept back in. Depressing quite frankly. Then this past Sunday, while at another Robbins UPW event in LA, this time as volunteer crew, I heard first hand, Asprey, speak. I feel like I just got the Move to ÃƒÂ¢Ã â ¬Ã ËœGoÃƒÂ¢Ã â ¬Ã â„¢ and collect $200, card in Monopoly! Follow below for my personal findings. Questions welcome!REGULAR UPDATES:MARCH 29th, 2017I weigh 139lbs and my scales say 33%fat. FYI, a dual energy x-ray I had last March had me at 38% fat. I was morbidly obese at size 8. How so? No testosterone, inability to assimilate protein in my gut and my muscles simply wasted away. I call it skinny/fat person syndrome. Anyhooo, moving along. I ordered from Bulletproof: Original, mold free Bulletproof Coffee, Brain Octane Oil, ghee, glutathione, collagen and a metal coffee filter. (Discounted when purchased in bulk and discounted again another 5% if you subscribe to regular delivery. You choose how often).Ordered from : Bluetooth heart rate (HR) monitor to use with the Bulletproof apps to track stress and food intolerances. (Yep, icing covered donuts trip my HR, as does red wineÃƒÂ¢Ã â ¬Ã Â¦ BIG time. Yeah, Asprey could say I told you so!) Also ordered a cheap vibration plate (Had to draw the line on doling out $1,500 for the Bulletproof ÃƒÂ¢Ã â ¬Ã ËœVibeÃƒÂ¢Ã â ¬Ã â„¢, but I did do 3 hours of research, the Vibe IS the cheapest of NASAÃƒÂ¢Ã â ¬Ã â„¢s researched needs for, strength and HIGH quality vibration plates by about half. If you can afford it, buy it. Add to that an Earthing mat, LED covers (for my

Prius car console and other green LED lights around the house.) Still trying to work out phone and computer coversÃƒÂ¢Ã â ¬Ã Â|Switched night lights from blue to red. Now to deal with all 53 LED lights in my little 900sqft miners cabin. Still coming to grips with that. :(Binged on milk chocolate, pasta, chocolate milk, German jelly candies and 2 glasses red wine before bed. In that order. Feel like crap. Slept like crap. Blamed it on the 3 year old in the bed. (It wasnÃƒÂ¢Ã â ¬Ã â„¢t the 3 year old)MARCH 30thI ate chocolate for breakfastÃƒÂ¢Ã â ¬Ã Â| I am batshit crazy. :/ My excuse was not having all the ÃƒÂ¢Ã â ¬Ã ËœstuffÃƒÂ¢Ã â ¬Ã â„¢ to start the Head Strong Protocol. Watched 10 minutes of Tony Robbins on You Tube, and threw the rest of the milk chocolate out along with all the other crap food and beverages in my house. Started taking (again) all the supplements prescribed by my ND, except Cholestyramine, even though I started tracking facial tics today (Stopped after 32 in the first 4 hours because it was so depressing to realize how bad they had gotten) and muscle cramps (5 in 4 hours) :/ IÃƒÂ¢Ã â ¬Ã â„¢m LOADED with biotoxins, but know itÃƒÂ¢Ã â ¬Ã â„¢s better to wait a week+ after starting a clean diet. I want to review further, AspreyÃƒÂ¢Ã â ¬Ã â„¢s hacks to support detox. I ended up in hospital within 12 hours of starting Cholestyramine last time with a severe herx reaction.MARCH 31stLast day eating junk, and no food after 6pm. Intermittent fast is on!APRIL 1st (No joke!)Broke my intermittent fast at 10am. First whole day NO candy, milk chocolate, milk, cheese, legumes, grains or nightshades (Tomatoes, peppers, potatoes) Past blood work told me to not eat legumes or nightshades. Holy shite, I can type faster with less mistakes. Very noticeable! Pretty tired toward end of the day, but caring for a woman with AlzheimerÃƒÂ¢Ã â ¬Ã â„¢s today kept me on the straight and narrow. No food, only water after 6pm.APRIL 2ndWoke up with water retention in my face and extremities and crazy thirstyÃƒÂ¢Ã â ¬Ã Â| didnÃƒÂ¢Ã â ¬Ã â„¢t drink half enough water yesterday. Will improve on that today. Again, continued intermittent fasting until 10am. Surprised how good I feel. Wild salmon baked at 325Ãƒâ Ã Â F (To not damage to fat/oil) with mixed greens, cucumbers, celery, small beet, & half an avocado. SO yummy mixed together, pouring in all the salmon oil from the baking dish with salt and pepper. Yummo! water retention gone by noon. At 3pm, bacon baked again at 325Ãƒâ Ã Â F and added to 2 soft boiled eggs with runny yolks (cant remember what gets destroyed in the yolks when you overcook them. But donÃƒÂ¢Ã â ¬Ã â„¢t overcook them!) poured the liquid bacon fat over my salad (same a this mornings)when it had cooled enoughÃƒÂ¢Ã â ¬Ã Â| canÃƒÂ¢Ã â ¬Ã â„¢t believe I did that!!! My Papa would turn in his grave knowing I was eating fat dart after fat dart. Holy Hannah, though, tastes freakinÃƒÂ¢Ã â ¬Ã â„¢ AWESOME! DidnÃƒÂ¢Ã â ¬Ã â„¢t feel hungry at all at 6pm. Forced myself to eat half and avocado. Slept good, no problems going back to sleep after rolling over or listening to a damn

annoying mouse chewing on something at my AlzheimerÃƒÂ¢Ã â ¬Ã â„¢s patients house. Oh, and only 3 muscle cramps all day today, less facial tics, but didnÃƒÂ¢Ã â ¬Ã â„¢t count. Still a lot of those.APRIL 3rdSame food as yesterday. Appetite is average, sugar cravings waaay down, energy is increasing. (Yesterday I wanted to nap all afternoon. None of that crap today.)
ItÃƒÂ¢Ã â ¬Ã â„¢s after midnight and just starting to get tiredÃƒÂ¢Ã â ¬Ã Â|and I clearly failed at getting off my ÃƒÂ¢Ã â ¬Ã Ëœjunk lightÃƒÂ¢Ã â ¬Ã â„¢ addiction that is married to my internet addiction. ItÃƒÂ¢Ã â ¬Ã â„¢s after midnight. Winner today: Facial tics: only 4 ALL DAY! From about every 10 minutes to every 4 hours. AspreyÃƒÂ¢Ã â ¬Ã â„¢s onto something and I like it! Earthing mat arriving tomorrowÃƒÂ¢Ã â ¬Ã Â|

HEAD STRONG presents a program to increase your brain function, based on strengthening your mitochondria. The author spent a ton of money, sort of experimenting on himself, to see if he could improve his brain. He discovered that he couldÃƒÂ¢Ã â ¬Ã â •but was surprised to learn that it ÃƒÂ¢Ã â ¬Ã Å“really all comes down to our mitochondria." And so, this book presents his ÃƒÂ¢Ã â ¬Ã Å“lessons learnedÃƒÂ¢Ã â ¬Ã Â• about how to maximize mitochondria.Well, the authorÃƒÂ¢Ã â ¬Ã â„¢s mitochondria must be working well, because as an author, he has done something that seems obvious to me as a reader, but which is often overlooked. At the end of each chapter, the author has 2 special (and brief) sections: ÃƒÂ¢Ã â ¬Ã Å“Head PointsÃƒÂ¢Ã â ¬Ã Â• and ÃƒÂ¢Ã â ¬Ã Å“Head Start.ÃƒÂ¢Ã â ¬Ã Â• In these 2 sections, he presents the essence of his points in the preceding chapter. By making this courteous inclusion, the author makes it a TON easier to follow his thoughts, and to glean the most from this book.Therefore, to make the best of this book, I recommend first reading the Head Points and Head Starts for each chapter. This will only take a brief time. When youÃƒÂ¢Ã â ¬Ã â„¢re through, you will see what the author is trying to say. Then, you can go back to the sections that really interest you and read the details. (Of course, if you think the whole thing is baloney, then you havenÃƒÂ¢Ã â ¬Ã â„¢t wasted any more time.)HereÃƒÂ¢Ã â ¬Ã â„¢s an example: On the ÃƒÂ¢Ã â ¬Ã Å“sleepÃƒÂ¢Ã â ¬Ã Â• chapter, the author makes these points:Head Points: DonÃƒÂ¢Ã â ¬Ã â„¢t Forget These Three Things(1) When it comes to sleep, focus on quality more than quantity.(2) Meditation changes your brain on a structural levelÃƒÂ¢Ã â ¬Ã â •for the better.(3) You need lots of time to recover in between intense bouts of exerciseÃƒÂ¢Ã â ¬Ã â •at least several days.Head Start: Do These Three Things Right Away:(1) Jump on a trampoline or do jumping jacks to shake the water in your cells and make them more EZ.(2) Get some extra sleep tonight to give your brain a chance to form pathways between neurons and solidify new memories. Later on, youÃƒÂ¢Ã â ¬Ã â„¢ll learn how to get better-quality

sleep.(3) Try breathing in for five seconds, holding for five seconds, breathing out for five seconds, and holding the out breath for five seconds. Do it five times in a row.Many of the ideas presented here I have seen cited in other works. For example, in many running books, experts emphasize improving the function of mitochondrial. Also, the importance of proper sleep has been well-documented. I was also glad to see the author emphasize the importance of getting some natural light each day. I believe there is a wide consensus that that is a good practice.To be honest, I canÃƒÂ¢Ã â ¬Ã â„¢t really tell if some of the authorÃƒÂ¢Ã â ¬Ã â„¢s points are valid or not. I think I need to research more the whole idea of light spectrums. I want to see more research on whether ÃƒÂ¢Ã â ¬Ã Å“LED and CFL bulbs have too much blue light, which damages your mitochondria.ÃƒÂ¢Ã â ¬Ã Â• Since the whole program is primarily based on his own personal experience, it seems as though I just have to TRY IT and see what happens. Okay, I am open to trying that.The author recommends in several places finishing your shower with COLD water. By an amazing coincidence, I was involved in a study at UCLA many years ago on the benefit of cold showers. (I bet the studyÃƒÂ¢Ã â ¬Ã â„¢s author would appreciate knowing that someone finally agrees with him!)So all in all, I thought this was a fascinating book. There are lots of points to consider. I donÃƒÂ¢Ã â ¬Ã â„¢t think IÃƒÂ¢Ã â ¬Ã â„¢m ready to start the full program right awayÃƒÂ¢Ã â ¬Ã â •I want to investigate some of the more unusual suggestions first. Plus, IÃƒÂ¢Ã â ¬Ã â„¢m pretty sure IÃƒÂ¢Ã â ¬Ã â„¢m not going for that cold shower.Advance Review Copy courtesy of the publisher.

I think that this is a very good book for people interested in health in general, and especially for those dealing with chronic health conditions such as ME/CFS, Lyme, mold-related illness, etc.I follow Dave Asprey pretty regularly on the Internet but there was quite a bit of information in this book that I hadn’t read in such detail before.I’m especially grateful that Dave included a long section on toxic mold issues in the book. It does seem like it is going to be difficult (likely impossible) for people to make much progress toward wellness if they are living in a problematic mold exposure, and so making sure that things are okay with regard to that is a good first step for everyone.(Dave’s movie "Moldy" is a good starting point for those interested in the topic of toxic mold.)Once people are sure that they are not currently in an exposure (or have gotten out of exposure), this book has some excellent ideas for further healing.Thanks to Dave for writing it!Lisa Petrison, Ph.D.Executive DirectorParadigm Change/Mold Avoiders

The science at the beginning of the book is very very good. What I didn’t like are the meals. I

honestly can’t believe how a "breakfast" comprising only a cup of his coffee is proper nutrition... not in my mind.But overall it has good information and good insight. If it’s at good price, don’t hesitate and go for it.

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Decrees That Invoke Healing for You & Your Loved Ones Bulletproof Confidence: The Art of Not Caring What People Think and Living Fearl

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