

# MANUAL DE BIOHACKING

MENTE

TRABAJO

CUERPO

Optimiza tu  
mente, cuerpo,  
calidad de sueño,  
estrés y trabajo  
con herramientas  
de Biohacking.

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# Biohacking Manual Primer

**Ciro Irmici**

## **Biohacking Manual Primer:**

*Biohacking: La ciencia de optimizar tu cuerpo - Descubre el camino hacia la salud, el rendimiento y la longevidad*  
máximos Ciro Irmici, 2025-09-10 Desbloquea tu máximo potencial con el poder transformador del biohacking Biohacking La ciencia de optimizar tu cuerpo es tu guía completa para dominar la salud, mejorar el rendimiento mental y prolongar la vitalidad a través de estrategias probadas y respaldadas por la ciencia Explora técnicas esenciales para la nutrición y la optimización del sueño o la gestión del estrés para la mejora cognitiva y el antienvejecimiento todo diseñado para ayudarte a crear una vida equilibrada, resiliente y vibrante Tanto si eres nuevo en el biohacking como si ya eres un optimizador experimentado, este libro está lleno de herramientas prácticas, tecnologías emergentes e ideas de bienestar atemporales para apoyar tu camino.

Descubre técnicas efectivas de biohacking desde trucos de nutrición hasta potenciadores cognitivos, explora los más impactantes para elevar tu cuerpo y tu mente. Tecnología y herramientas de vanguardia aprende cómo los dispositivos portátiles el seguimiento de datos y los conocimientos personalizados de salud pueden guiar tu viaje de biohacking. Secretos de longevidad y antienvejecimiento comprende la ciencia detrás de la salud celular, los estresores hormonales y los hitos que prolongan tu esperanza de vida. Toma el control de tu salud hoy y comienza a vivir una vida de energía sostenida enfoque y longevidad con las poderosas técnicas del biohacking.

### **Mastering the Mediterranean** Conrad Riker, Why 93% of Modern

Men Are Vitamin D Deficient Beta Males And How to Fix It in 20 Minutes Daily Are you tired of low energy, brain fog and a body that feels like it's aging faster than your ambition? Why do Mediterranean men outlive you by a decade while eating more fat, working less and napping daily? What if everything you've been told about toxic masculinity was designed to keep you docile and dependent? 1. The dawn ritual: Spartan warriors used to spike testosterone backed by 9 clinical studies. 2. Why Roman legionnaires banned seed oils and how modern diets castrate men. 3. Architectural tricks to turn your home into a productivity fortress: steal from Maltese dockworkers. 4. NASA's 26-minute nap hack that triples afternoon output, proven by Spanish construction firms. 5. Naval leadership tactics from Phoenician traders to command respect without saying a word. 6. Bordeaux vintners' 4-glasses-a-day habit that preserves muscle and outsmarts death. 7. Crush estrogenic fat cells with the fasting protocol Mount Athos monks use for raw aggression. 8. Why straight lines in your workspace make you 40% faster at decision making. M.I.T. data: If you're ready to silence the beta male voice in your head, outlive your critics and lead with unapologetic force, buy this book today.

### **TRASTORNOS ALIMENTARIOS** Emmanuel Lejeune, Alexandra Nowak, 2025-11-17

Este libro abre una nueva ventana al complejo mundo de los trastornos alimentarios con base científica cercano a la realidad clínica y al mismo tiempo con la mirada puesta en el futuro. Muestra el dinamismo con el que se han desarrollado el diagnóstico, la psicoterapia, la tecnología y la farmacología en los últimos años y cómo estos avances conducen a tratamientos más precisos, individualizados y eficaces. El volumen no solo analiza la investigación actual y las formas innovadoras de terapia, sino que también se centra en aquellos grupos cuyas necesidades se han pasado por alto durante mucho tiempo, ni os y

adolescentes hombres personas neurodivergentes y personas afectadas por trastornos cr nicos El resultado es una visi n completa de un campo en transformaci n lleno de retos pero tambi n de nuevas oportunidades para una mejor atenci n y un cambio sostenible Un libro para todos aquellos que quieran comprender c mo la psiquiatr a y la psicoterapia modernas est n replanteando los trastornos alimentarios hoy en d a y c mo puede ser el futuro del tratamiento Bremen University Press ha publicado m s de 5000 libros especializados en diferentes idiomas desde 2005 Noviembre de 2025 **Mucho m s que humanos** Marcos Apud,2023-05-01 Mucho m s que humanos propone un modelo hol stico funcional e integrativo que aborda a la persona en su dimensi n integral de cuerpo mente y esp ritu El autor creador de un nuevo enfoque en psicolog a de alta performance al que define como Psicolog a de Innovaci n combina en estas p ginas conocimientos de la psicolog a cognitiva el coaching el biohacking el neurohacking las neurociencias aplicadas conceptos troncales de la medicina funcional y la neuroprogramaci n entre otras disciplinas Se trata de un libro que lleva el campo de la psicolog a a un nuevo nivel de expansi n alejado ya del concepto convencional de la psicoterapia cl sica enfocada en trabajar con el padecimiento y las alteraciones ps quicas y cuyo objetivo es el funcionamiento de la mente en condiciones de salud Por eso cap tulo a cap tulo ofrece informaci n hacks y secretos para potenciar de manera natural la biolog a y el cerebro y as alcanzar niveles de optimizaci n mucho m s humanos

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Betts, whose decision to break the law at age 16 changed his life forever.