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# What is Biohacking?

An Overview of the Growing Trend

# Biohacking Manual Global Trend

**Samuel James, Samuel Inbaraja using  
ChatGPT**



## **Biohacking Manual Global Trend:**

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ethical principles      **BIOHACKING: A QUICK START GUIDE** Samuel James, Samuel Inbaraja using ChatGPT, Welcome to Biohacking A Quick Start Guide This book is your ultimate roadmap to diving into the fascinating world of biohacking a field that merges biology with self improvement techniques to optimize your body and mind If you re new to the concept biohacking might sound like something out of a sci fi movie but it s very much real and accessible Whether you re looking to boost your mental clarity enhance your physical performance or simply live a healthier life biohacking offers practical strategies and cutting edge technologies to help you achieve your goals

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