



# **The 4 Hour Brain: Improve Your Memory, Health, Mind and Life Today with Proven Techniques**

*Joseph Neil*

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*Let me ask you a few quick questions...*

Do you find yourself lacking energy throughout the day?

Do you want to improve your overall quality of life?

Do you wish you could learn and retain new information with ease?

Do you want to know the everyday foods and supplements that can take you to the next level?

Are you ready to take your mood and productivity to the next level?

If you answered yes to any of the above then The 4 Hour Brain is the audiobook for you!

*Here is A Preview Of What The 4 Hour Brain Contains:*

A look into the amazing power of super foods and the effect they have on your brain

Juicing explained, including delicious recipes!

Supplements and nootropics that will boost your brain power immensely

Physical activity and the brain

Reading! How books can improve your brain function

A look into cognitive decline, what it is and how to prevent its onset

Proper rest and recovery for ultimate productivity

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