

BIOHACKING 2025



Biohacking 2025 Edition

Roman Wölfel



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revealing how it silences grief shames doubt and ignores systemic struggles From a widow gaslit by everything happens for a reason to an activist told to just manifest justice these stories cut deep urging us to embrace authentic living over empty affirmations Drawing on thinkers like Rebecca Solnit and James Baldwin Penman offers a lifeline nuanced hope a gritty action driven alternative to fantasy Through compassionate critique he guides readers toward radical acceptance weaving personal growth with communal healing This isn't another feel good manual it's a bold call to question feel and act because true transformation begins in the messy truth Perfect for fans of The Year of Magical Thinking or Hope in the Dark this book is for anyone ready to reject toxic positivity and reclaim their story Step into a wiser braver you start today

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enabled me to defy my selfish genes If you re bored with the tired problem generalization platitude strategy formula that most self help books follow you ll enjoy this memoir of adventures failures and unexpected successes across three continents I ll share with you some powerful tools for transformation Biohacking smart drugs flowstate red pill mindset and more with which I ve managed to pack several lifetimes worth of peak experiences into a single decade **WunderCAD/CAMmer**

Massimo Lumini,2026-05-05 From the Renaissance Wunderkammern to today s CAD CAM digital studiolo this book traces the enduring presence of wonder as a lens for exploring the contemporary landscape of technosciences The Cabinets of Curiosities of the past resurface as guiding metaphors opening dialogues between Nature technology and the artificial creations shaping our age Structured through visionary chapters How to Make Lighter Smarter More Connected it examines the advances of materials science and biodesign in their biomimetic dimension By embracing mirabilia as method the book envisions a future where creativity integration and sustainability converge

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