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Biohack Your Body: Proven Science-Backed Health Hacks for Peak Performance Bob Babson, 2025-06-23 *Biohack Your Body: Proven Science-Backed Health Hacks for Peak Performance* is your ultimate guide to upgrading your energy, focus, and physical performance using cutting-edge wellness strategies. Backed by research and designed for real-life results, this book reveals how small, powerful changes can help you feel and function at your absolute best every day. Inside, you'll discover simple daily habits to boost energy, metabolism, and brain power. Nutrition, sleep, and exercise hacks used by top performers. How to optimize your environment for better health and focus. Supplements and tools that actually work without the hype. A step-by-step plan to build your personalized performance routine. Whether you're an entrepreneur, athlete, or busy professional, *Biohack Your Body* equips you with the tools to take control of your health and unlock next-level results with science, not guesswork.

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