

BIOHACKING 2025



Biohacking 2025 Edition

Liyong Dong



Biohacking 2025 Edition:

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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

How to Be Cross Eyed Jonathan Roseland, 2026-01-01 There's that moment when you meet a new person and you can tell that they are just a bit disoriented by your weirdness You feel that familiar little pang of embarrassment and shame because you know how weird you must look to them You're physically imperfect So am I I know that moment as well as you do But you don't have to be cross eyed or have a conspicuous physical imperfection to enjoy this book Really thriving requires an uncommon set of barely legal Biohacking tools social dynamics strategies from the fringes of polite society and rapid mindset transformation technologies which this lifehacking manifesto delves into deeply This book is especially for that one or two percent of the population that has a glaring physical defect which I fall into I'm cross eyed with Strabismus which you can see below If you're reading this perhaps you are too There are certainly people out there with more conspicuous physical imperfections who have it worse than I do However the eyes are the windows to the soul they are a part of nearly every important human interaction Not having normal eyes has been a disadvantage that I've needed to develop a specific set of skills and life strategies to overcome I was talking to my lovely fiancée about this book and she asked me if the purpose of the book was to help the self esteem of people with physical imperfections Not really This book is more about the lifehacks that I've employed over the past 15 years strategies methods and tools that work to help you overcome the challenge of a physical imperfection and thrive These things will likely improve your self esteem but they will also work if you have low self esteem or no self esteem or too much self esteem as I'm sometimes accused of having Self esteem is not my focus there are better books on self esteem My focus is on what works This is not your typical self help book I've had a pretty interesting life I've dated a politician's daughter in Medellin Colombia I hung out with spies in Kyiv Ukraine I've almost died underwater twice I participated in a bank robbery and I lost my virginity to a spy yes really From getting into high speed car chases to being deported from South American countries to representing the US Presidential candidate Donald J Trump I've found the happiness I didn't give a damn about and realized my dream of becoming an adventuring philosopher I'm not a theorist in the business of making generalizations The tactics and tools presented here are for rigorous practitioners ethical hedonists and open minded self experimenters I may sound like quite the pompous pontificator but I'll offer no apologies because storytelling is the best way to impart the unconventional mindset that saved me from mediocrity and the biohacks that

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

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