



# Brainhack: Tips and Tricks to Unleash Your Brain's Full Potential

*Neil Pavitt*

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**Brainhack: Tips and Tricks to Unleash Your Brain's Full Potential** Neil Pavitt

Hack into the secret power of your brain

Your Brain

100 Billion Neurons

100 Trillion Connections

And you only command 5% of it.

Now it's time to take back control!

In Brainhack, creativity coach Neil Pavitt gives you tips and tricks to re-programme your brain, developing the skills and insights that can transform how you think, solve problems and make decisions.

This book will help you:

- Learn to think smarter
- Become more focused
- Discover creative approaches to problem-solving
- Generate ideas with innovative techniques
- Unlock your brain blocks

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