

MANUAL DE UN **BIOHACKER**

MENTE

TRABAJO

CUERPO

Optimiza tu
mente, cuerpo,
calidad de sueño,
estrés y trabajo
con herramientas
de **Biohacking**.

3^a
EDICIÓN

JOHN GARANT

Media Sensation Biohacking Manual

Mirjam Grewe-Salfeld



Media Sensation Biohacking Manual:

Biohacking, Bodies and Do-It-Yourself Mirjam Grewe-Salfeld, 2021-11-05 From self help books and nootropics to self tracking and home health tests to the tinkering with technology and biological particles biohacking brings biology medicine and the material foundation of life into the sphere of do it yourself This trend has the potential to fundamentally change people s relationship with their bodies and biology but it also creates new cultural narratives of responsibility authority and differentiation Covering a broad range of examples this book explores practices and representations of biohacking in popular culture discussing their ambiguous position between empowerment and requirement promise and prescription

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