



GIOVANNI SACCO



MANUAL  
DE

**BIOHACKING**



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# Readers Choice Biohacking Manual

**Marco Cascella**



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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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