

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

Biohacking Manual Media Sensation

Joacim Rocklöv



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