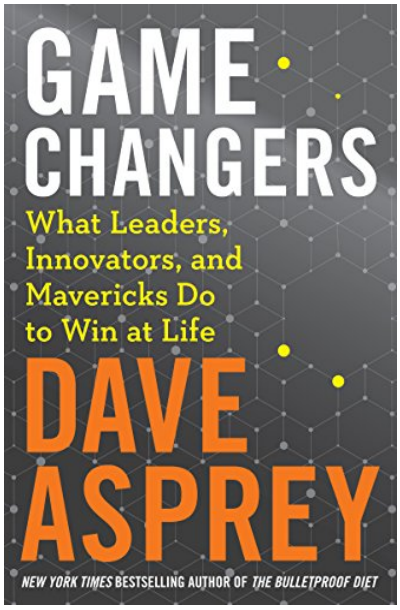
Game Changers Book Summary (PDF) by Dave Asprey

Ready to learn the most important takeaways from Game Changers in less than two minutes? Keep reading!



Why This Book Matters:

Game Changers exlpains the idea of biohacking in efforts to keep your mind and body healthy.

The Big Takeaways:

1. **Biohacking allows you to keep the way your body operates held to the highest standards.**
    1. If You are born with particular ways of doing things, so it is important you retrain your brain to give you the most benefit in any situation.
2. **Having targets already put in place helps you get the most out of biohacking.**
    1. The whole point of biohacking is to retrain your brain to help you meet your goals, thus you must know your goals before you begin.
3. **Not only do you need to have targets put in place, but you also need to know which targets are the most**

important.

    1. Planning ahead lets you hold on to the brainpower you need to make the more difficult decisions throughout your day.

4. **Eating our feelings is a common occurrence. Overcoming that feeling is one of the most crucial parts of biohacking.**

    1. Detach your emotions from your food intake by paying real attention to your body and its hunger.

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