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Andrew Huberman, Ph.D. - Rewire your Brain for Higher Performance

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Ayelet Waldman Scientifically

proven better sleep and less

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Huberman - Breathing Exercises

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This breakthrough career-reinvention guide shows workers in their forties and over how to leverage this newfound potential. Boundless Potential empowers you with the knowledge, inspiration, and tools to kick-start anything from a new entrepreneurial venture to a new career. Using case studies, interviews, and revelations from cutting-edge research, it offers a blueprint for personal and work reinvention in midlife and a glimpse of the true lifelong potential of the human mind.

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