

# Mind Performance Hacks: Tips & Tools for Overclocking Your Brain

By Ron Hale-Evans

You're smart. This book can make you smarter. *Mind Performance Hacks* provides real-life tips and tools for overclocking your brain and becoming a better thinker. In the increasingly frenetic pace of today's information economy, managing your life requires hacking your brain. With this book, you'll cut through the clutter and tune up your brain intentionally, safely, and productively. Grounded in current research and theory, but offering practical solutions you can apply immediately, *Mind Performance Hacks* is filled with life hacks that teach you to:

- Use mnemonic tricks to remember numbers, names, dates, and other flotsam you need to recall
- Put down your calculator and perform complex math in your head, with your fingers, or on the back of a napkin
- Spark your creativity with innovative brainstorming methods
- Use effective systems to capture new ideas before they get away
- Communicate in creative new ways—even using artificial languages
- Make better decisions by foreseeing problems and finding surprising solutions
- Improve your mental fitness with cool tricks and games

While the hugely successful *Mind Hacks* showed you how your brain works, *Mind Performance Hacks* shows you how to make it work better.

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Review

"Mind Performance Hacks" is an entertaining and rewarding read for anyone interested in improving the way they use their brain. Many of the hacks are really a framework upon which to build your own systems... The techniques are inspiring and practical." Gavin Inglis, news@UK, June 2006

About the Author

Ron Hale-Evans is a writer and game designer who earns his daily sandwich with frequent gigs as a technical writer. He has a bachelor's degree in psychology from Yale, with a minor in philosophy. Thinking a lot about thinking led him to create the Mentat Wiki at <http://www.ludism.org/mentat>, which led to this book. His multifarious and nefarious other projects can be accessed from his home page, <http://ron.ludism.org>, including his award-winning board games, a list of his Short-Duration Personal Saviours, and his blog. His wife Marty is a better man than he is.

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