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Upgrade Your Brain: How to Use tDCS, Nootropics and Microbes to Revolutionize Your Brain Function

Craig Wessel

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The ultimate guide to the neuroscience breakthroughs creating smarter, quicker and more efficient thinkers

Ever since civilization began, people have wanted to upgrade their brain power. But the complexity of the brain has left the quest for enhanced human intelligence out of reach—until now. The brain sciences are experiencing an unprecedented revolution, with leaps in scientific understanding occurring every year. *Upgrade Your Brain* delivers a cutting-edge look at the technologies emerging from this revolution. It explores tDCS, computer-brain interfaces, and cognitive enhancing nootropic pharmaceuticals that have shown measurable improvement in brain function.

Part One reveals the fascinating world of "brain hacking;" providing detailed information on building a DIY tDCS machine and includes illustrated instructions on using the device to apply low levels of electricity to specific locations in the brain, leading to enhanced math, science and language skills. Then the author sheds light on the not-so-secret world of brain-enhancing drugs (nootropics) that are changing the way we think, study and work—from amphetamine-laced study aids to wonder drugs that allow users to stay alert for days at a time.

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