



Declutter Your Mind Box Set: Your Guide on How to Declutter Your Mind with Nootropics to Boost Your Brain Performance (Declutter and Organize)

Vanessa Riley, Monica Hamilton

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Declutter Your Mind Box Set (2 in 1)

Book One: Declutter Your Mind: Discover the Power and Intuition Hidden Behind the Noise of Your Thoughts and Feelings

How to unclutter your mind – so that you can think straight, think well, think analytically and think creatively – is one of the best-kept secrets that the human race holds. However, there are untold benefits to uncluttering or emptying your mind of all your thoughts, and to stop at least for a moment from rehashing and spinning in old stories and being caught up in all the old emotions tangled in those stories.

In this book, we'll:

- Reveal the secret of how to unclutter and quiet your mind.
- Tell you what really causes stress.
- Guide you on some practices to develop a quiet mind at will.
- Show you some of the benefits of uncluttering and quieting your mind.
- Get you excited about sitting down and trying for yourself!

Book Two: Nootropics: Guide to All-Natural Smart Drugs to Boost Your Brain Performance

Do you suffer from brain fatigue?

Are you looking for a way to boost your IQ and enhance your mental performance?

Do you want to do all of this safely with supplements that have been proven to work?

Then you may want to try nootropics! Nootropics are actually not a very new idea considering ancient civilizations used natural plant supplements in order to enhance their performance, but with careful consideration and studying, there are many who have come up with combination that can greatly enhance your performance. In fact, numerous startup companies and entrepreneurs are turning to nootropics in order to compete on a larger scale!

Nootropics can be natural or chemical supplements or drugs that are taken on a daily, weekly, or as needed basis that will enhance your brain's performance when it comes to memory, learning, overall energy, and logical thinking. They affect the making of neurotransmitters in the brain, which then interact with receptors. This interaction causes your brain to perform better!

In this book, you will find information pertaining to:

- How nootropics work
- Effects of nootropics
- Benefits of nootropics
- The different nootropics commercially available and their effects
- What to look out for in a supplement stack and how to create your own
- Nootropic side effects that are common and ones that should be looked out for
- And much more!

So scroll up and grab a copy of this eBook as your comprehensive guide to nootropics!

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Donald Chen:

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Oscar Jackson:

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Margaret Ochoa:

A lot of people said that they feel bored when they reading a reserve. They are directly felt the idea when they get a half portions of the book. You can choose the book Declutter Your Mind Box Set: Your Guide on How to Declutter Your Mind with Nootropics to Boost Your Brain Performance (Declutter and Organize) to make your current reading is interesting. Your personal skill of reading ability is developing when you just like reading. Try to choose very simple book to make you enjoy to see it and mingle the feeling about book and reading especially. It is to be first opinion for you to like to wide open a book and study it. Beside that the book Declutter Your Mind Box Set: Your Guide on How to Declutter Your Mind with Nootropics to Boost Your Brain Performance (Declutter and Organize) can to be your brand new friend when you're experience alone and confuse with what must you're doing of this time.

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