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with Strabismus if you're reading this perhaps you are too. There are certainly people out there with more conspicuous physical imperfections who have it worse than I do. However, the eyes are the window to the soul; they really are a part of nearly every important human interaction. Not having normal eyes has been a disadvantage that I've needed to develop a specific set of skills and life strategies to overcome. I was talking to my lovely fiancée about this book and she asked me if the purpose of the book was to help the self-esteem of people with physical imperfections. Not really. This book is more about the lifehacks that I've employed over the past 10 years: strategies, methods, and tools that really work to help you overcome the challenge of a physical imperfection and thrive. These things will likely improve your self-esteem, but they will also work if you have low self-esteem or no self-esteem or too much self-esteem as I'm sometimes accused of having. Self-esteem is not my focus. My focus is on things that work. This is not your typical self-help book. I've had a pretty interesting life: I've seduced a politician's daughter in Medellín, Colombia, and I hung out with spies in Kyiv, Ukraine. I've almost died underwater twice. I participated in a bank robbery and I lost my virginity to a spy, yes, really. From having sex in a brand-new Maserati and getting in high-speed car chases to being deported from South American countries and representing the US Presidential candidate Donald J. Trump, I've found the happiness that I didn't give a damn about and realized my dream of becoming an adventuring philosopher. I'm not a theorist in the business of making generalizations. The tactics and tools presented here are for rigorous practitioners, ethical hedonists, and open-minded self-experimenters. I may sound like quite the pompous pontificator, but I'll offer no apologies because storytelling is the best way to impart the unconventional mindset that saved me from mediocrity and the biohacks that enabled me to defy my selfish genes. If you're bored of the tired problem-generalization-platitude-strategy-formula that most self-help books follow, you'll enjoy this memoir of adventures, failures, and unexpected successes across three continents. I'll share with you some powerful tools for transformation: biohacking, smart drugs, flowstate, red pill mindset, and more, with which I've managed to pack several lifetimes' worth of peak experiences into a single decade.

Biohackers Magazine Biohackers, Jean Fallacara, Arjun Mathraik Chauhan, Dallas McClain, Jeffrey D. Gross, Maria Mladenovic, Vanessa Santillana, Philipp Samor von Holtendorff-Fehling, Welcome to Biohackers magazine where we put a spotlight on the power of nutrition and diet to promote optimal health and vitality. Our magazine is dedicated to providing you with the latest insights, research, and expert advice on everything related to diet and nutrition. We believe that a healthy and balanced diet is the cornerstone of a healthy lifestyle and that the right foods can help prevent and even reverse many chronic diseases. Our magazine offers a wide range of features from in-depth articles on the science of nutrition to practical tips on how to shop, cook, and eat for optimal health. Our team of experts includes registered dietitians, nutritionists, doctors, chefs, and other health professionals who bring a wealth of knowledge and experience to our pages. Whether you're looking to lose weight, manage a chronic health condition, or want to feel your best, our magazine offers the latest research and evidence-based advice to help you achieve your goals. We also feature inspiring success stories of individuals who have transformed

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