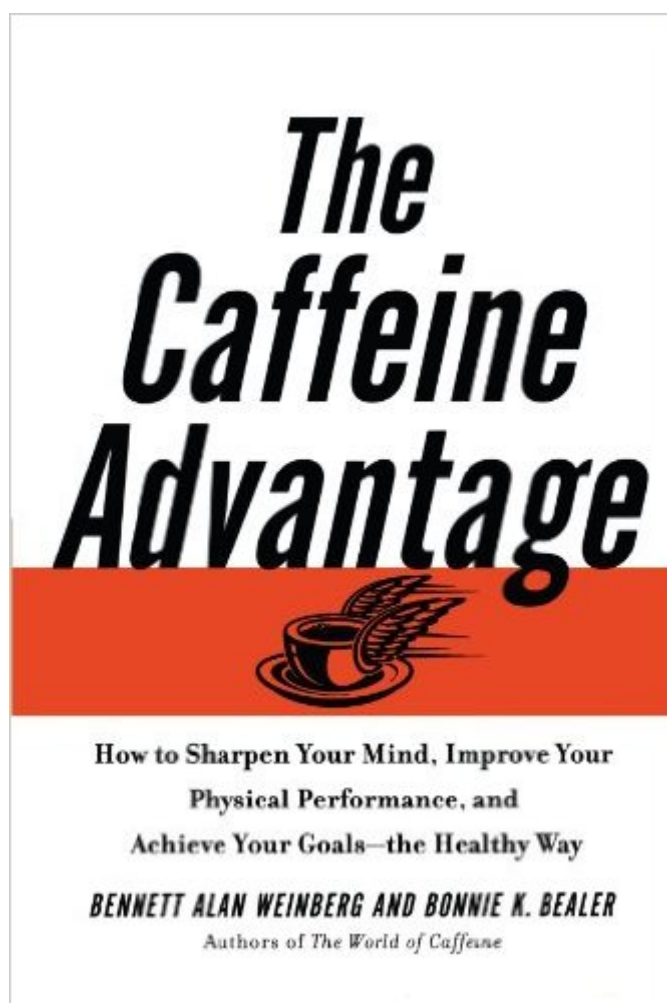


The book was found

# The Caffeine Advantage: How To Sharpen Your Mind, Improve Your Physical Performance And Schieve Your Goals



## Synopsis

We all know that caffeine helps keep you awake and alert, but the things we don't know about caffeine could fill a book. Now Bennett Alan Weinberg and Bonnie K. Bealer, the award-winning authors of *The World of Caffeine*, the foremost reference book on the science and culture of caffeine, have done just that - creating an authoritative self-help guide to caffeine's little-known practical secrets and benefits. Based on groundbreaking new research, *The Caffeine Advantage* offers step-by-step programs that show you how caffeine can improve your IQ, memory, mood, athletic ability, physical condition, and performance at work. In the process, Weinberg and Bealer debunk common myths and misconceptions - that caffeine causes hypertension, anxiety, heart disease, even cancer - and show the many positive and life-changing effects of strategic caffeine use. Everyone in today's competitive environment is looking for an edge, and caffeine can provide the little boost that gives you the advantage you need to succeed. The key is knowing what caffeine can do for you and how to use it effectively. Here are just some of its amazing advantages:

Improves your ability to think clearly and solve problems, and can actually raise your IQ  
Increases your short-term memory, helps you concentrate, and relieves boredom  
Is a powerful antioxidant, combating muscle damage and helping you to stay younger  
Improves your mood and overcomes depression, creating an "attitude of success"  
Helps you run, swim, and cycle longer and faster  
Increases the painkilling power of common analgesics and is itself a strong pain reliever  
Grows brain cells in the areas of the brain responsible for long-term memory  
Already widely acclaimed by many of the foremost academic researchers in the world, including Dr. Paul Kulkosky, whose foreword introduces the book, *The Caffeine Advantage* delivers a comprehensive program for working smarter, not harder, and for improving

## Book Information

Paperback: 272 pages

Publisher: Free Press; Reprint edition (November 15, 2010)

Language: English

ISBN-10: 0743228979

ISBN-13: 978-0743228978

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,823,976 in Books (See Top 100 in Books) #66 in Books > Health, Fitness

& Dieting > Nutrition > Caffeine #45904 in Books > Health, Fitness & Dieting > Alternative  
Medicine #225163 in Books > Self-Help

[Download to continue reading...](#)

The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance and  
Schieve Your Goals The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical  
Performance, and Achieve Your Goals--the Healthy Way Caffeine Addiction Gone - A Beginners  
Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming  
Caffeine Addiction) The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight,  
Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) How To Sharpen A Knife &  
Care For Your Collection: Enjoy BLADE®'s comprehensive eBook on how to sharpen a knife, and  
maintain, care for, store and preserve your knives and knife collection. The Total Brain Workout:  
450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit Picking and  
Sticking with New Year's Resolutions beyond January ( Inspiration, quick read): On the road to your  
goals ( New Year's Resolution, goals, organization) The All-New Atkins Advantage: The 12-Week  
Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your  
Willpower to Reach Life Goals The Caffeine Cure: A Definitive Guide to Finally Overcoming Your  
Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Caffeine  
Addiction: The Cure To Overcoming Addiction To Caffeine And Understanding It's Affect On The  
Body Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy  
Life Sustaining the Caffeine Advantage: The Science of Sustained Energy, Exercise, and Fat  
Burning The UltraMind Solution: The Simple Way to Defeat Depression, Overcome Anxiety, and  
Sharpen Your Mind The Book of IQ Tests: 25 Self-Scoring Quizzes to Sharpen Your Mind The  
Military Advantage, 2016 Edition: The Military.com Guide to Military and Veterans Benefits (Military  
Advantage: The Military.com Guide to Military and Veteran Benefits) Improve Your Eyesight  
Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To  
Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Summary of The  
Advantage: by Patrick M. Lencioni | Includes Analysis of The Advantage Brain Training: Power  
Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve  
memory, Improve focus, Concentration, Brain power) How to Win the Lottery: Secret Techniques,  
Tips and Tactics to Give You an Unfair Advantage and Significantly Improve Your Chances of  
Winning the Lottery Caffeine for Sports Performance

[Dmca](#)