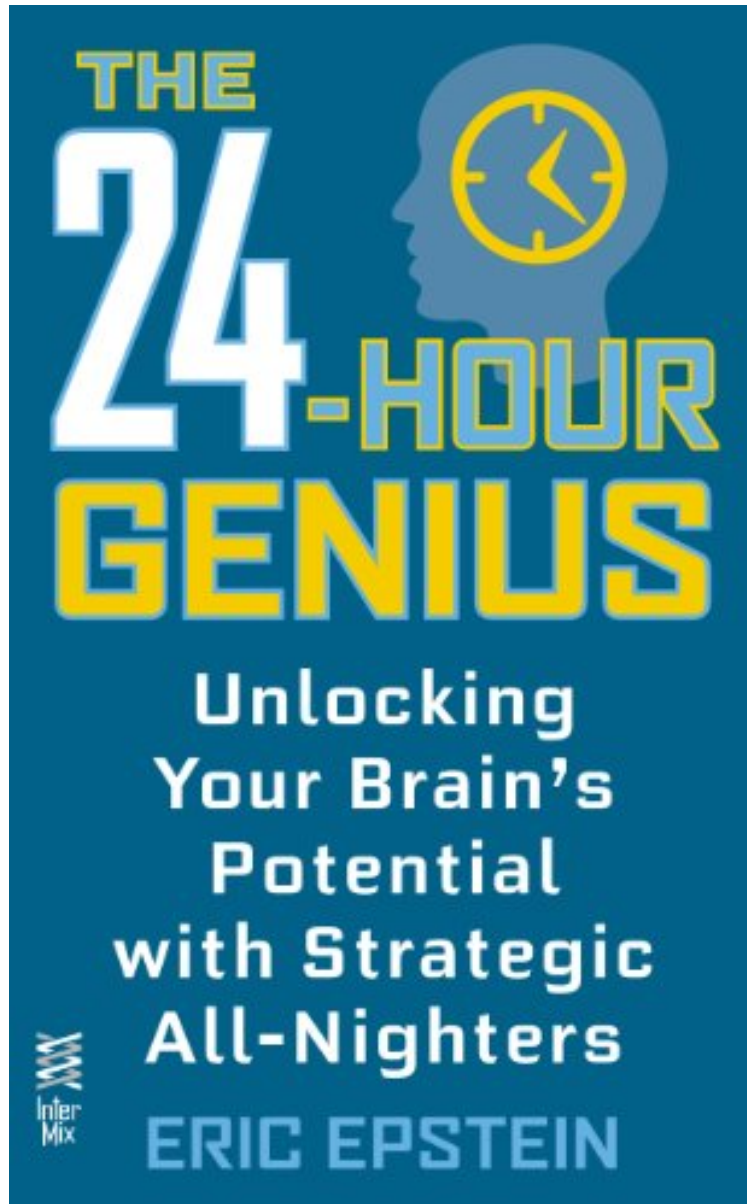


(Download) The 24-Hour Genius: Unlocking Your Brain's Potential with Strategic All-Nighters

The 24-Hour Genius: Unlocking Your Brain's Potential with Strategic All-Nighters

Eric Epstein

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Eric Epstein : The 24-Hour Genius: Unlocking Your Brain's Potential with Strategic All-Nighters before purchasing it in order to gage whether or not it would be worth my time, and all praised The 24-Hour Genius: Unlocking Your Brain's Potential with Strategic All-Nighters:

0 of 0 people found the following review helpful. Value info, easy readBy #TR4LMost of us maintain schedules that are impossible to fit into 24 hours. This book offers motivation and techniques for turning all-nighters to opportunities. I'm strangely looking forward to my next one. Well done!7 of 9 people found the following review helpful. no tricks to work all night, just stories of guys who did itBy FNAMNAi got this book when it didn't have any reviews, and this is the last time i do that.i thought this book has valuable key ideas and tricks to manage to work all night without crushing and still managing to go to work in the morning.....but boy i was wrong.the book starts by giving examples of historic people who worked all night and managed to invent a new light bulb or win a war, so i start skipping that part, next thing you know i already skipped 40% of the book....in other words most of the book tells you that its helps to work at night, but i got this book because i know that sometimes it helps to work at night, and im just looking for ways to helps me do that. then the next part of the book tells you about modern people who worked all night and managed to build new companies, like Bill Gates and so on....and that's that....this guy is a professor at Columbia so i have a feeling he wrote this book just to make his students to buy this book and make an extra buck, i had a professor like that...what i waste of time1 of 2 people found the following review helpful. Interesting bookBy Guillermo MotaBook elaborates on the idea of working all night and its benefits, but it is not a formal study on this subject.

If a year of study or work is a competitive marathon, all-nighters are often the sprints in which certain runners break away from the pack. Tap into your genius and achieve greater success by learning to strategically pull an all-nighter. Whether fine-tuning a business plan or trying to come up with the next high-performing app, pulling an all-nighter can be your key to success, if used wisely and managed effectively. In *The 24-Hour Genius*, all-nighter expert Eric Epstein not only offers essential tips on how to keep yourself alert and productive, he also explains how an all-night work session can unlock the brain's creative powers to help you achieve your goals—and even enhance your results. Exploring famous all-nighter success stories—from Thomas Edison and his *Insomnia Squad*; and their invention of the disc record, to the development of the first Macintosh computer—Epstein shows you how to make your own breakthrough with a strategically planned all-nighter.