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\"I Will Teach You How to Reset Your Brain\" | Jim Kwik (brain expert) von Be Inspired vor 1 Monat 8 Minuten, 47 Sekunden 408.858 Aufrufe Special Thanks to , Jim Kwik , ! Check out his amazing content here: <https://www.youtube.com/user/kwiklearning> , Book , \"Limitless: ...

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Kwik Brain Episode 025: Sleep Smarter, Faster, and Deeper with Shawn Stevenson von Jim Kwik vor 2 Jahren 15 Minuten 201.854 Aufrufe When you get a bad night's sleep, how do you feel the next day? A lack of sleep impairs several cognitive processes and hurts ...