

Jean Fallacara New Book “Neuroscience Calisthenics: Hijack your Body Clock” available Today on Amazon

The award-winning neuroscience calisthenics expert provide tips for mind training using biohacking, neuroscience & calisthenics in the book

MONTREAL, QC, CANADA, October 15, 2020 /EINPresswire.com/ -- Jean Fallacara, the founder of

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Biohacking is the Art of taking simple but highly effective steps to improve your biomarkers of health. You don't have to be a fitness expert, have a science PhD, or hire anyone to biohack your body.”

Jean Fallacara

Cyborggainz, has released a new [book](#) called “Neuroscience Calisthenics: Hijack your Body Clock.” The book is now available from AMAZON, KINDLE and other platform, and sheds light on neuroplasticity and biohacking.

Speaking about his book, Jean Fallacara stated, “Biohacking is the Art of taking simple but highly effective and natural steps to improve your biomarkers of health. You don't have to be a fitness expert, have a science PhD, use of drugs or hire anyone to biohack your body.”

The book talks about neuroplasticity, biohacking, and exercise to strengthen the mind and improve the quality of life. All the content in the books is based on methodical approaches, validated information, and are finalized with self-experiments. “Every decision we make, consciously or subconsciously, shifts our biology toward cell aging. Nutrition, sport, supplements, sleep, and exercise contribute to hijacking your body clock,” he added.

Born in France, Jean Fallacara is a biomedical expert who created an online platform called Cyborggainz that offers a unique approach to calisthenics training. He has emulsified neuroscience and calisthenics to come up with the concept of the World's First Human Optimization Program that can improve the brain's neuroplasticity and strengthen motor pathways faster as well as facilitate in developing extreme physical fitness.

Pushing human performance forward and achieving peak performance in every possible aspect is among the top goals of Jean Fallacara. His platform offers member's exclusive programs, including custom workout programs, personalized meal plans, and CYBORG package that

includes customized monthly programs, mindset, meal plan, biohacking, and learning mindset, and more, to upgrade not just physical, but mental performance as well.

About Jean Fallacara

Jean Fallacara is an athlete, biohacker, speaker, and the maverick CEO of Z-SC1 Biomedical with over 20 years of experience in the tech and fitness industry. He has been working as an experienced executive focused on technology products for the science business. Fallacara has founded and led many science-technology companies. He has recently released a new book called "Neuroscience Calisthenics: Hijack your Body Clock."

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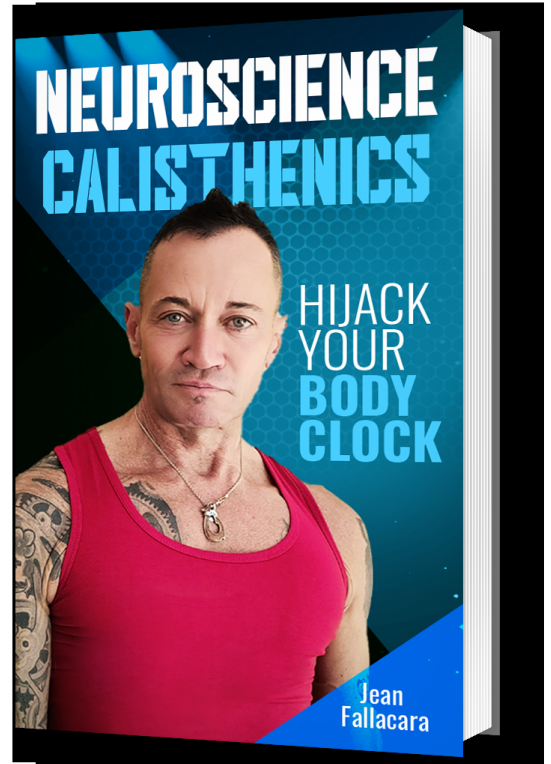
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Jean Fallacara NEUROSCIENCE
CALISTHENICS: Hijack Your Body Clock
the BOOK

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