

# THE A.M. WORKOUT EDGE

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THE DAY

**ANTHONY ARVANITAKIS**

BESTSELLING AUTHOR OF BODYWEIGHT MUSCLE

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**ABHIJEET SARKAR**



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**Human Nature Rewired: How the Digital Age Is Performing the Biggest Evolutionary Experiment in History on Our Brains, Behavior, and Identity** ABHIJEET SARKAR, 2025-10-18 Human Nature Rewired How the Digital Age Is Performing the Biggest Evolutionary Experiment in History on Our Brains Behavior and Identity by Abhijeet Sarkar CEO it is actively rewiring us In Human Nature Rewired visionary AI researcher and founder of Synaptic AI Lab Abhijeet Sarkar pulls back the curtain on this accidental experiment revealing how our ancient analog minds are being systematically hacked by a world for which they were never designed You are the subject of an uncontrolled experiment Our ancient analog brains are being physically rewired by a digital world they were never designed for shattering our focus and identity This book exposes how technology hijacks our psychology and provides the essential tools to reclaim your mind Have you ever felt your attention span shattering into a million pieces Have you wondered why you feel anxious and empty after an hour of scrolling yet are compelled to continue Have you felt the sting of loneliness in a world of constant connection Sarkar argues this is not a personal failure of willpower but a predictable neurological response to a system designed to exploit your deepest psychological vulnerabilities This groundbreaking book embarks on an epic journey into the heart of our new reality revealing The Dopamine Economy How likes notifications and infinite scrolls have turned your phone into a digital slot machine creating powerful loops of compulsion The Attention Scythe The scientific reason your ability for deep focused thought is declining and how to fight back The Shattered Mirror Why our sense of self has become a fragile anxious performance for an online audience and how to build an antifragile identity The Post Truth Condition The terrifying cognitive shift that is making us prefer viral truthiness over objective reality fracturing our society The Rise of Homo Digitalis The provocative evidence based case that we are witnessing the dawn of a new kind of human cognitively and culturally distinct from all previous generations But Human Nature Rewired is not a eulogy for the human mind it is a user s manual for cognitive sovereignty Drawing on a decade of research across neuroscience psychology and technology Sarkar provides a powerful toolkit of solutions From the individual practice of an attentional fitness program to a new Hippocratic Oath for Technologists and a bold proposal for a Digital Bill of Rights this book charts a path toward a more humane future This is more than a book it is an act of intellectual self defense It is the story of how our minds were hijacked and more importantly how we can take them back If you want to understand the invisible forces shaping your life and reclaim your agency in the digital age your journey begins here *Good Housekeeping Magazine* ,2008 *Good Housekeeping* ,2008

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In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Goodreads Choice Walking Workout Same Day Delivery**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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