

PRODUCTIVITY SECRETS

THAT WILL CHANGE YOUR LIFE

BY CODY MCLAIN



Disclaimer

My philosophies and habits are based upon scientific research and other studies, but by no means am I stating you should do each and everything I do. Only you can truly find out what works best for you. I just hope to provide you with new points of view that I encourage you to look into further so you can come to your own conclusion.

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Oh, and because some of my productivity secrets can be dangerous if used improperly I have to include the following...

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Becoming the Ultimate Task Monster.

We all have a drive to be productive, to optimize every waking moment so we're either doing or creating. Some of us have more difficulties than others at achieving our goals. I've spent many years reading some of the most fascinating books and analyzing some of the worlds most successful people to find out their secrets.

In this guide you will find practical, everyday tips and tricks you can immediately apply to your life - and become a happier, more productive you.

This book covers several aspects of external cues, and internal habits that shape the way you think, and ultimately how productive you are (or think you are).

I believe optimization is not necessarily the key to productivity within itself, but those small optimizations you make can save you countless hours per year which add up over the length of our lifetimes.

Also, as you read this guide, keep in mind you are likely reading it because you are already productive. Being productive does not necessarily mean optimizing our entire life, but being able to prioritize our time correctly and focus on the task at hand - that is true productivity.

So follow me on my journey as we explore our Environment, Mind, Drugs, Organization and Resources; all aimed at making you - the Ultimate Task Eating Monster.

~ Cody McLain



Mood Lighting (1/3) (SAD)

Ever notice how you feel a bit happier on sunny days? Maybe you're energy levels plummet on dark and rainy days? Research has come a long way to show us that not only does lighting affect our mood, but our productivity levels as well.

One of the most common mood lighting you might encounter would include the atmosphere at a restaurant or in a theater. Lighting alters your brain chemistry causing mood shifts which ultimately frame how you think.

If you feel particularly tired during winter months, and happen to live in an area with quite a bit of overcast, there is a possibility you are not getting enough light which can cause everything from depression to anxiety. This is known as **Seasonable Affective Disorder**, otherwise known as SAD.

Even if you don't have SAD, there was a study conducted by the Neuroscience program in Northwestern University of Chicago. The study concluded that there is a very strong relationship between your daylight exposure and your overall sleep, activity and quality of life. Essentially, the workers who received more light exposure (workers with a window) slept more, had less physical problems, and more vitality. Workers without a window had poorer sleep quality, sleep disturbances, and quite a bit more issues being productive throughout the day.

As you might know, we run on a Circadian rhythm, and this affects our biological, mental and behavior on a 24 hour cycle. This is what allows you to wake up in the morning without an alarm clock. This **Philips Wake-up light** is based on that fact. A gradual light turns on before your exact wake up time. The hope is of course that this fools your body into thinking the sun is up, triggering chemicals to wake up.

So if alarm clock manufacturers are creating light-clocks now, then how would that impact our productivity during the day?

People with SAD, are described by their doctor to try something called "**light therapy**". This is an attempt to correct an issue with the Circadian rhythm so that we can be more functional throughout the day. However with most medical related devices, it can increase productivity of normal people as well.

It's more beneficial than caffeine frankly than trying to gulp down loads of caffeine just to *trick your body into staying awake. It will make you more alert and productive throughout the day, as well as provide the Vitamin D you might be missing. You can get a SAD light from **Amazon** or check out **Lumie** - they make lamps specifically for productivity.

Mood Lighting (2/3)

Situational Colors

Whether you're working from home or in a larger workplace, color can have a profound impact on your productivity, creativity and overall mood.

We can travel as far back as Egypt to learn they treated mental and physical conditions with colors. Today, colors may not necessarily cure you of a disease, but it can affect you in many other ways.

Keeping the lights low can optimize for both creativity, and productivity. Check out this [infographic](#) from PayScale for a few tips.

Best Color for Overall Productivity

In terms of productivity, people love the color blue. This typically shows up at the top of surveys as people's favorite color. If you're painting your office, blue isn't a bad color to start off with.

Best Color for Focus / Creativity

Being different is what it takes to be creative sometimes. Yellow is a color which stimulates your ego, spirit, and overall creativity. The color is also bright so it decreases production of melatonin and effectively can help you concentrate more. I won't recommend painting your office yellow, but you could put yellow objects around your desk so it's within your peripheral vision.

Best Color for Relaxing

Being able to calm the nerves is a good one for this. Green symbolizes nature, and if you didn't know already, we actually get a more calm and general sense of wellbeing from it. This is why taking a walk outside can affect your mood and give you a new rested feeling. Having a "green" room is great for a living area and a hint of green inside the office wouldn't hurt either.

Best Color for Bed / Passion

It should go without saying that Red color helps us in this area. In fact it's recommended you refrain from using white light at bed time so it doesn't disrupt your circadian rhythm. Red won't do this, and that's why it's a popular choice for night time lights.

Mood Lighting (3/3)

Automated Color Management

The following are a list of ways you can setup mood lighting within your office and living area. You'll be able to experiment with them as you please and try different colors for your productivity, sleep - among other things ;)

Philips Hue - This is a lighting system with a combination of screw-in bulbs connected to a wireless hub. They replace any standard sized bulbs easily, and just require you to remember to keep the light on. You can get the **Starter Pack** which includes the base and 4 bulbs starting at \$199. The picture below of my workspace is done by using this **Hue Strip** which changes color based on a schedule I set. I also have the ability to change the color manually through their **Hue app**.

LifX Bulbs - If they were out earlier I'd probably be using LifX bulbs, as their application has much more support and is supported much better than Philips supports their apps. The only downside is they have no LED strip for fancy around-the-desk lighting. Again this is quite an expensive option, but can be a gradual project where you add more lights overtime.

Generic LED Bulb - Believe it or not, this is a pretty good option still. LED's use a fraction of the energy an incandescent light leaves, so leaving it on for a good part of the day won't use up much electricity. Each bulb comes with it's own remote control that gives you all the same lighting capabilities as the fancy lighting above, just with no iphone/android app. On the plus side though starting at just \$4 a bulb it would be pretty easy to go wild. For me, I have this installed in my shower and it works great.



Temperature

(1/2) How it affects us

Having the right environment, can alter our workflow immensely. Throughout our day our body temperature changes in response to not only our surroundings but our biological clock as well.

The resting human body temperature of an average adult is 98.6 degrees fahrenheit. The better we can modify our external environment, the easier it will be for our bodies to maintain our body temperature. Therefore your body devotes less energy to trying to keep us either cold or warm, and more of it can be given to the task at hand.

A study by Cornell University discovered that office temperatures below 68 degrees or lower increased the likelihood employees would make mistakes by an incredible 44 percent.

Now keep in mind that our body temperatures are naturally higher in the morning and evening hours, however we experience a drop between 1-4pm in the afternoon. This means that you must compensate with a higher temperature throughout the afternoon in order to keep your core body temperature elevated, and a more productive workday going.

An optimal temperature to have during the afternoon is 71-74 degrees. Anything higher or lower is going to severely impact your productivity.

If you don't have the luxury of controlling your work temperature then you could also look into bringing a portable electric heater in the equation. One of my favorites is **this little guy**; and for only \$20 it works quite well.

An alternative if you can't bring a heater to the office, or just want to save on energy costs, could be an **electric panel** which heats up gradually. It costs a fraction of a portable heater, saves on energy - but in my opinion isn't nearly as effective (but worth the cost if that is your only option nonetheless).

There is a 3rd option though...



Temperature (2/2) Automation

Being able to control the temperature of your environment was one of the greatest inventions of the 20th century. **Nest** is truly one of the greatest inventions in the 21st century. While the cost remains high, the benefits you'll receive from energy savings to productivity will pay for itself many times over.

If you work at home, then the Nest will be a great help. Without even mentioning the time you'll save in having to manage your thermostat directly, you will achieve the benefits of better temperature regulation throughout the day.

Nest allows you to setup an automated schedule to coincide with your daily habits. It also senses when you've left and will automatically revert to a pre-determined temperature to save you money when you're out of the house.

The key to Nest is being able to configure the temperature to be most optimized for whatever activity you plan on doing throughout the day. In my case I turn the temperature down at night to give me the most optimal sleep possible, while I let it go up a bit during the day to ensure optimal productivity.



Noise

How it affects us

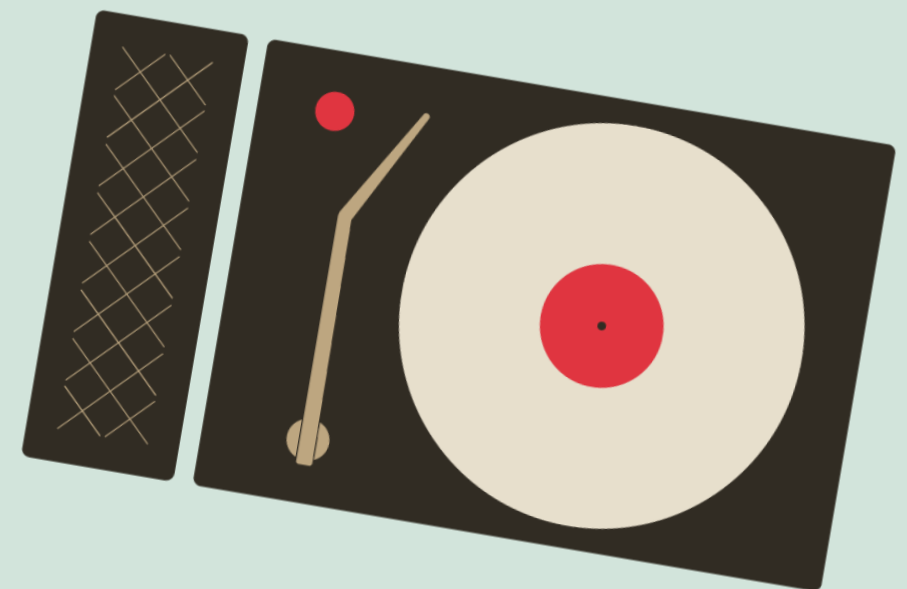
A study done by the University of Chicago found that if we want to be creative, then quiet isn't necessarily for the best thing for us. Published in the **Journal of Consumer Research** they found that a moderate level of ambient noise actually does help in terms of creativity.

There's been many articles written on this and I must clarify. People misconstrue this for productivity, when in fact the study doesn't have the word "productivity" mentioned not once. The 70db of recommended ambience allows us to veer off and create different neural pathways easier, making it easier to come up with new ideas. This is sort of a mild distraction in a way. Still though, it's a better option if you're trying to drown out background noise which could further restrict your ability to focus.

In another study at the University of San Diego, they looked at phone conversations. It turns out that overhearing a phone conversation is more annoying and distracting than an actual conversation where you can hear both people. So productivity aside, the ambience in a coffee shop might help, but that woman who comes in to sit down for 30 minutes with her Grande vanilla latte with soy milk and talks with her boyfriend may be what kills your productivity.

To avoid this, there are a few resources online that will do everything from increase your creativity with a little bit of ambience, to drown out the distractions with some focus grooves.

- <http://coffitivity.com/> - ambient coffee shop sounds
- <http://coding.fm/> - clicking and clacking of web coding
- <http://soundrown.com/> - variety of ambient noises
- <https://www.focusatwill.com/> - music optimized for focusing
- <http://www.jazzandrain.com/> - jazz sounds with a drop of rain
- <http://www.rainymood.com/> - just rain
- <http://thunderspace.me/> - thunder app



Environment Plants & Fresh Air

So we've explored light, temperature and noise. Another area is our external and immediate environment. Apart from having an ample amount of light, one thing that could help you be more productive are plants. Yes, plants.

University of Michigan psychologists, Rachel and Stephen Kaplan call this attention restoration theory.

Our brains have an innate ability to concentrate on tasks, but only for a certain amount of time. Techniques such as the **Pomodori Technique** have become quite possible in recent years as it is based on this theory. We can only be optimal for a set amount of time, so taking breaks every 15-30 minutes might actually make us more effective.

Interestingly though, in one study published in **2011**, and another in **2013** both confirmed that plants can in fact have a restorative effect on the exhaustion one might feel while working intensely on a task. Participants in the study could think more clearly, recall more information and overall accomplished more tasks when plants were nearby.

Furthermore, whether or not the plant was real had no effect on productivity levels. I purchased one of **these guys** and have had it right next to my desk ever since.

In a study by the **Lawrence Berkeley National Laboratory**, they also discovered that indoor air quality can also improve performance at work. The study didn't find though whether or not it was the perceived effect of the air quality, or the actual air quality which improved performance though. Nonetheless if you sneeze a lot, or have allergic reactions to your air inside then it might be time to get an air filter.

If you already have one or plan to get an air filter some day, make sure you get one with a HEPA filter. The ION filters **emit ozone in the air** which actually causes more pollution and can affect your health.

If you're in the market for an air purifier though, check out the **Austin Healthmate**, it's one of the best filters I've come across.



The Mind (1/2)

Procrastination & Time

We've covered all the external factors, so now let's cover a bit about our mind. There are several techniques and methods commonly used to help us stay on task, or to get more done.

In David Allen's book, **Getting Things done**, he teaches us the importance of using the brain solely for processing, and not for storing pending tasks. This frees up the mind to focus on the task at hand.

Tony Buzzan teaches us the best way to empty our brain is with a mind map. This technique mimics the way our brains work by creating an interconnected web of thoughts loosely connected with each other. I use **mindmeister.com** as it is one of the most readily accessible mind-maps. I can share it with my assistant who looks over it to see if there are any tasks they can do to help me reach my long term goals.

David Anderson shows us why visualizing our tasks make it much easier to actually focus on the next task at hand. Limiting your workflow to the task at the top, and being able to preview all the tasks in the queue helps us to set a habit of only handling the task at the top instead of cherry picking the easiest ones.

With that said, I believe one of the most important things we can do is to budget our time and energy. By managing this efficiently we can get more done with fewer amounts of time, since we are "in-the-zone". Don't get too caught up on that though as when it comes to solving difficult tasks, we will likely never feel like doing them. Being able to start on the task really just requires a burst of willpower as the majority of it is used simply convincing ourselves to start it.

If you're struggling with procrastination I highly recommend you check out a book called **Eat This Frog**.



The Mind (2/2)

Meditation

This used to be considered hippy-holistic-didn't really work. However recent studies have shown time and time again that meditation can have benefits in every aspect of our life.

Meditation reduces beta waves, and increases alpha brain waves. Many scientists believe sleep is what processes the information of our previous day, and restores us with a refreshed and rejuvenated mind. Meditation itself basically induces a state of relaxation that helps it slow down the external information it is processing, and allows it to restore itself.

Meditation itself can improve attention, as the goal is not necessarily to stop thinking, but become more aware of your thinking. With time and through repeated meditation you will be more conscious of your environment, and ultimately your actions in being able to focus on the task at hand.

Furthermore, meditation weakens neural pathways associated with bodily sensation and fear centers of the brain. This means the more you meditate, the less fear and anxiety you will experience in everyday life.

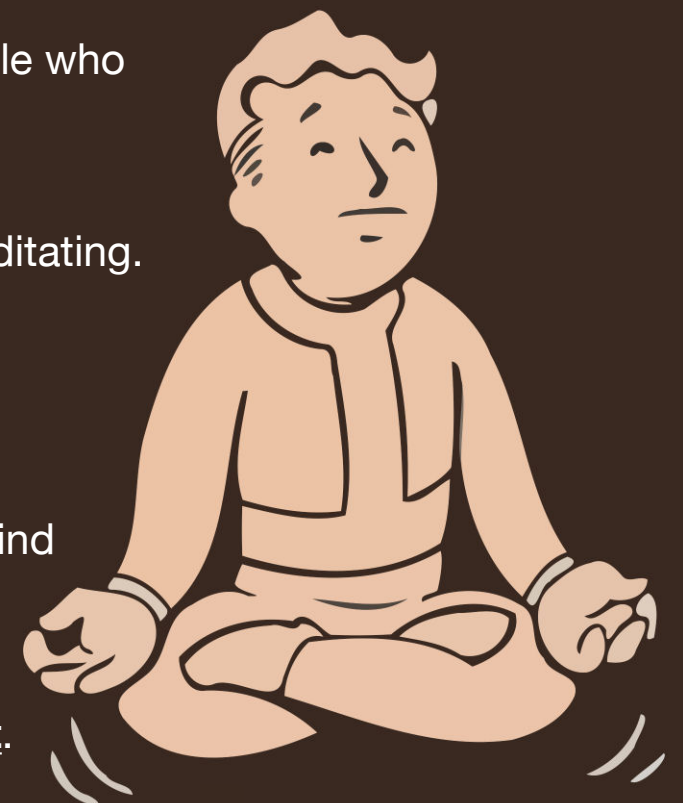
Even beyond that, researchers at **Leiden University** in the Netherlands found that people who practiced open-minded monitoring meditation, were more creative at coming up with new ideas.

There are many more benefits of meditation that can only be discovered by actually meditating.

This can be hard to incorporate into your daily routine, but can be overcome by simply setting up a small task to meditate for only a few minutes a day, and work your way up.

If you're interested in starting meditation, I highly recommend a technique called Zazen. This type of meditation is one of the original forms that was created to help focus the mind and provide the true benefits that one would expect from meditation.

The best way to learn this type of meditation is by going to a local club or organization in your area. However if that's not an option then you should check out **meditationShift**. It's a website that teaches the techniques over a period of 21 days.



The Body (1/2)

The Joys of Exercise

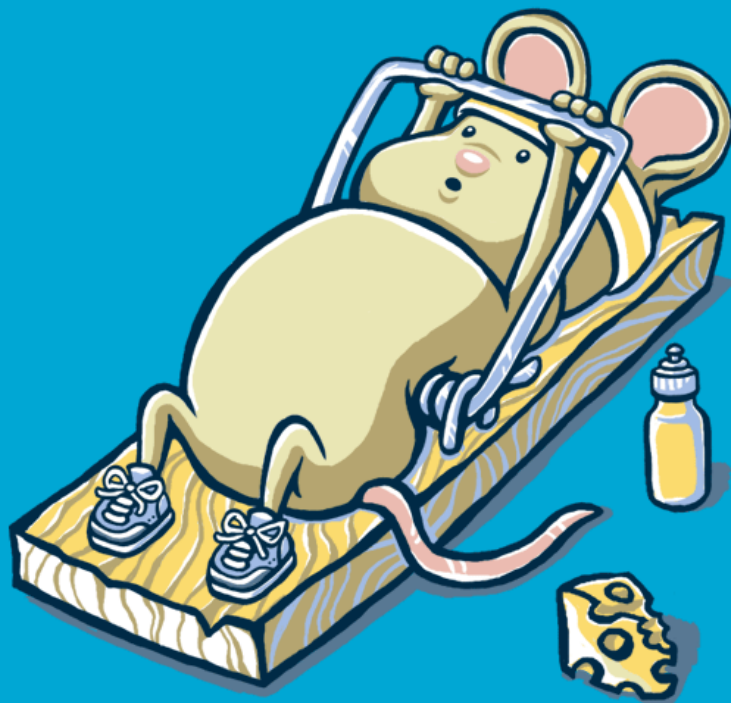
By now you've been touted time and time again what the benefits of exercise are. With everything from making you live longer, preventing diseases, and curing depression, it has a **host of benefits**.

Interestingly as well, it's not hard to predict it can also increase your productivity and creativity. So I could certainly advise you to get your shit together and start exercising. This isn't a motivational speech though so I'm going with more realistic approach here in terms of what I'm trying to get you to do.

Beyond exercising at the gym, or doing pal odes in yoga class, why don't you just exercise at work?

In recent popularity the treadmill desk has been generating waves in the workforce community. It turns out that even if you did exercise everyday, it's **not going to reverse the effects of sitting down** all day working.

For this reason, you might consider setting up a treadmill desk at home or your place of work. Now while you certainly could go out and **buy this guy**, you're going to be hating yourself for being unable to sit-down, especially if you have a desktop computer.



This is where something called a **GeekDesk** comes into play. This combined with the **Lifespan Treadmill** will give you the ability to sit, stand or walk at your desk, and will not only make you more productive but fitter as well. It's actually quite easy to get enveloped in a task and find yourself walking on it for several hours at a time. It becomes an autonomous habit and therefore is not necessarily a distraction.

The downside here though is that it's a really expensive combination. Nonetheless in my opinion (shooting for long term goals here) it's worth the cost many times over, not only for my health but my productivity as well.

The Body (2/2) Diet

This is likely a touchy subject for most depending on our tastes for food. I'm a productivity freak though, so I went far and wide trying to unravel the best kind of diet not only for our long term health, but my work ethics as well.

At first I tried juicing, as if you've ever watched the [Juicing Documentary](#) it's quite inspirational. I started juicing in between meals but didn't really feel much different. Never lost any weight, never felt amazing on it. While juicing has it's benefits it's really not meant to be a long-term diet. People typically juice to "detox" which is still not scientifically proven to be effective at anything. I won't tout that juicing is still a better option over eating McDonalds, it's simply not there to replace the crappy foods we're probably already eating.

After searching, I came across a diet called the Paleo diet, and it's the general concept of course is to eat like a caveman. Changing to this diet has given me more energy, and made a noticeable increase to my productivity. One of the most common criticisms of Paleo is the idea that you can't eat like normal people anymore. Nobody is truly [100% Paleo](#), and how strict you are is no more than mer preference.

I won't go into the Paleo Diet too much, but if you're interested at truly improving your health and truly optimizing your productivity, you'll want to consider it. There are two great resources you should check including [this article from Nerd Fitness](#) and a documentary called [Fat Head](#) (which basically shows you why Super Size Me was complete BS)

Let's look beyond Paleo though, and consider something called Intermittent Fasting. Now you might think fasting results in a drop in energy levels, but in fact the opposite is true. it releases endorphins which in some cases have given people a "fasting high". While productivity while fasting is not scientifically proven there are benefits being our short term motivations.

I think you might agree that we should look at productivity as a whole from a long term perspective. A [BBC documentary](#) seemed to show evidence that fasting can switch your cells from creating new ones to repairing old ones, and has been shown to have major impacts in life expectancy just skipping a meal, or fasting once a week for a small period of time. The long-term benefits are there. [This article](#) does a great job at dispelling common myths of fasting.



Delegation Outsourcing

None of us are superheroes, so we need to stay grounded in reality. This means coming to terms with the fact that we only have so much time in a day. For years I was struggling to stay up to speed with all the things going on, and constantly burned myself out. Trying to build a business and struggling to have a personal life is immensely difficult and will take a toll on your stress and overall wellbeing.

That is until I discovered outsourcing. You see I had been outsourcing my support for a while, but it hadn't occurred to me to outsource simple, everyday tasks which I found myself doing constantly. From calling AT&T over a bill, to doing online research, having a personal assistant is truly life changing.

Depending on where you are, your outsourcing needs will surely be different, but everybody needs a general virtual assistant. Starting at just a few hundred dollars a month for a full time job it will change your life and allow you to focus on the more important tasks that are closer to your long term goals.

If you're looking for a reliable assistant, you might consider checking out [AssistNinja](#). It's one of the companies I built with the goal of helping find reliable assistants for small business owners.



Once you graduate from having just one virtual assistant, you may quickly accelerate and need even 1 or 2 more assistants working under a hierarchy. Additionally you could check out websites like [onlinejobs.ph](#) and find people to hire to cover everything from Web Development, Content Writing, SEO Marketing and much more.

Certainly the quality will be nowhere as good as a fully employed person in the US but if you're just starting off it's much better to have a small army working for you from the beginning to help optimize your time more efficiently and help grow your business quicker.

Software (1/2)

Staying Productive

Chances are, you work at the computer. That means you have the potential answer to most of humanity's questions with a quick search on your phone. As the internet progressed to where it is today, you saw an increase in issues relating to procrastination and focusing, as the internet has literally rewired our brains.

Fortunately, there are a handful of programs out there dedicated to helping you fix this issue. Let's review them below.

The first step is knowing where you spend your time. For that I recommend you run **Rescuetime** which runs in the background and records your applications and websites you visit. This may sound creepy but at the same time they'll send you a weekly report with all the information about how much time you worked, and what your productivity level was based on what websites you visited and what applications you used the most. While it doesn't directly fix anything, it might clue you in on just how much time you're wasting each week.

Another program is one called **TimeDoctor**. This program can be used for staying on track for personal tasks as well as monitoring your staff members as well. While I don't advocate you should use such functionality like auto-screenshots of employee computers, it's nice to know the option is there. The software gives you detailed reports of time spent, as well as nags you to ensure you're focusing on the task at hand. This functionality is replicated in a program specifically for Mac called **Vitamin-R** which is fantastic as well.

If you're on a Mac, then you have access to the most robust productivity apps created. There are some handy apps such as **Freedom** blocks access to the internet for a specific period of time, or **Concentrate** which has some hardcore features to make sure you stay on task.

Alternatively, you could consider browser plugins, which work just as well in blocking sites you shouldn't be visiting. Apps like **StayFocused** will block access to websites if you exceed a certain daily time limit. Other plugins like **strict workflow** are based on the Pomodori technique where you focus for 20-30 minutes at a time and then break for 5 minutes.

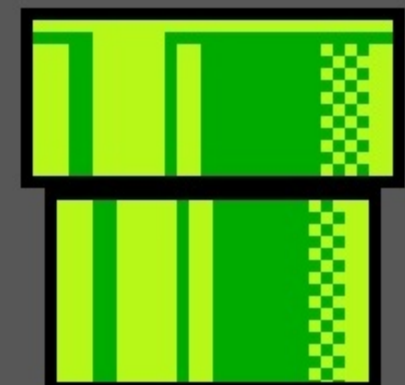


Software (2/2)

Tracking Tasks

So beyond making sure we're actually staying on task, there are a host of apps out there which are dedicated task and team project management systems. Of course what you use is going to be more so dependent on your current situation and necessities but I've rounded up my top 5 favorite task management applications which you might consider in the future.

1. **Teamwork** - This is best for small to medium sized development teams who need to actively communicate on tasks and projects. I love it, but I would never use it without a project manager as it can get a little crazy sometimes.
2. **Redbooth** - If it's just you, working with a handful of other people I'd definitely consider giving these guys a try. It's centered around a dashboard where you reply to any actions or comments made to tasks assigned to other people and yourself. Redbooth also has the fastest application speeds I have ever seen.
3. **Trello** - Trello was originally taken from the **scrum board** and is quite often touted as one of the **most efficient ways** to launch a company. It focuses around cards organized into different columns on a board. It works for a lot of people, but not for others. It's worth checking out though.
4. **Kanban** - These guys took Trello and put a corporate theme to it. They mostly focus on startups with dev teams with an easy way to track tasks across multiple boards, or teams if you will. They offer a few more features than Trello and have much better support.
5. **Asana** - I mention Asana because they sort of took the original task list and put it inside the browser. If you're looking for a task management system for a team, Asana is a great option. Alternatively if you need a task manager for yourself then **Wunderlist** works just as well. If all you need is a simple task manager then these are two great options.



Drugs (1/4)

Caffeine

If we truly want to cover productivity then we have to cover drugs. If this is not an area of interest for you, then congratulations you have finished my book! Otherwise, keep reading...

So the most popular drug in America, admittedly used by a 80% of US adults consume 200mg of caffeine a day. That's an incredible number considering just how ineffective caffeine has been shown to be at not improving anything long-term.

While it's not conclusive, the evidence seems to portray benefits to those already consuming the drug. This means you're essentially addicted to it, and it allows you to "wake up". Caffeine withdrawal isn't necessarily pretty, but can free you from an addiction where there is no benefit to your productivity.

To learn how caffeine works you should check out this web comic by theOatmeal. In my opinion, caffeine may or may not be perceived as helping you, but one thing is for sure - it halts our ability to relax and enjoy the moment. Alexis de Tocqueville notes that Americans are restless in the midst of abundance. This meaning that we are really unable to understand and appreciate just how good we have it. It puts us in a repetitive cycle of wanting more and whining until death stops our pursuit of happiness.

So whether or not you believe caffeine helps you, wonder first if it makes you more restless, and less happy.

Is that worth it?



Drugs (2/4)

Alcohol

Of course we're all familiar with alcohol, and it affects us all differently. Some may not like it, others may drink a little too much. However, have you ever used Alcohol to be more productive?

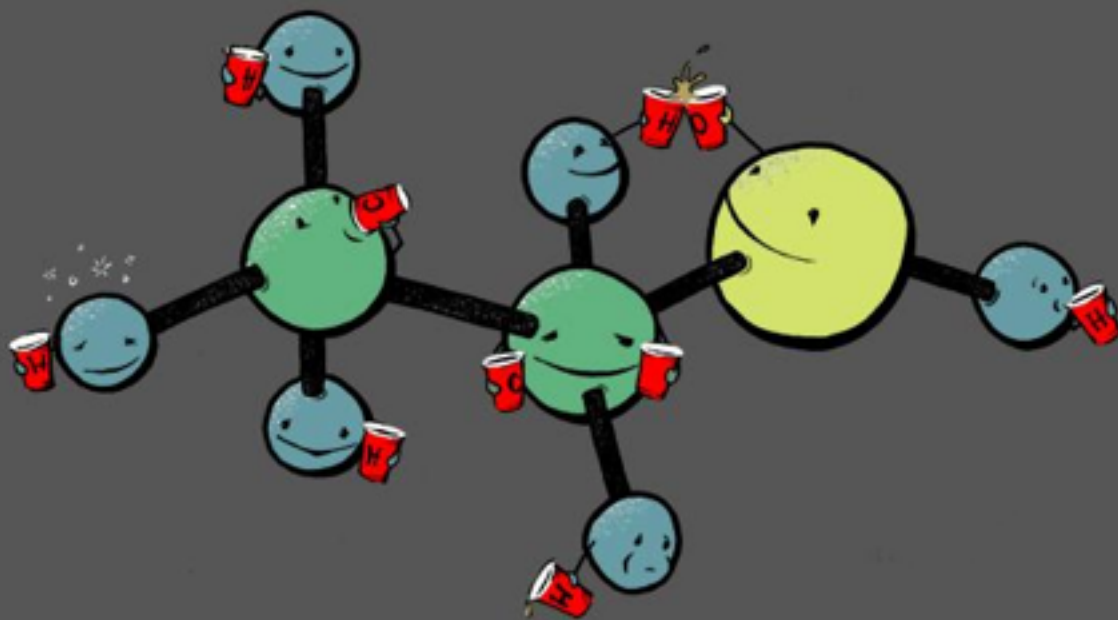
A recent study from the University of Illinois seemed to show that Alcohol could in fact help problem-solving.

"Being mildly drunk facilitates a divergent, diffuse mode of thought, which is useful for such tasks where the answer requires thinking on a tangent," said BPS Research Digest.

The research suggests that alcohol broadens your horizons, or way of thinking rather - which allows you to think outside the box. This xkcd comic in fact does a momentous job at helping you understand your ideal BAC level.

So in essence, drinking (not too much) makes you more creative as it mimics the brain activity of being slightly tired. Alcohol seems to inhibit the front cortex which causes tiredness. Surprisingly being slightly tired is better than being jacked up on caffeine (no surprise) in terms of your ability to think more creatively

So while it's not speed, a few drinks while you sit down and write or try to figure out a problem might not be so bad after-all.



Drugs (3/4)

Nootropics

Nootropics are an interesting thing. They're drugs meant to enhance your memory, focus - and yes productivity. It's more or less just a made up word though because DHA in fish oil is considered a nootropic believe it or not because it assists with brain function.

There are a host of additional nootropics though. They're all legal and don't require a prescription (at least not yet) but many experiment with what are known as different "stacks". Stacks can consist of several different type of nootropics, as users commonly experiment with their own variation.

Now with this in mind, exercise and diet are going to play a much more influential role than any perceived benefits from Nootropics alone. While I used to experiment with them, I do so no longer. With my daily habits I'm already operating at maximum efficiency (or so I think).

They can still have profound benefits however it is really personalized as what may work for you might not work for others. While most of the Nootropics are focused to enhancing productivity directly, there are others like **Phenibut** for example which eliminates social anxiety and panic attacks.

If you're interested in checking this out further, then you should read the **Beginners Guide to Nootropics** which will give you the basic rundown.

Maybe building your own Nootropic stack isn't your thing.

Companies have launched their own take on Nootropics with pre formulated capsules put together for you. Companies like Onnit by **Joe Rogan** have launched **Alpha Brain** which is the most popular Nootropic on the market.

Alternatively, the Nootropic community may disagree on a lot of things, but they do agree that on any basic stack it requires **Piracetam and Choline**. They're typically seen in any persons stack and so that is what **truBrain** did with their product. It's likely more effective as there is more scientific research beyond the effects of the ingredients used inside their product.



Drugs (4/4)

Provigil (aka modafinil)

While technically covered in the “Nootropics” page, this has become one of the most effective nootropics, and worth mentioning. It’s used by **Silicon Valley Startups** like crazy. It was originally approved by the FDA as a wakefulness drug meant for people suffering from narcolepsy. However, it has been shown to be what some would call a “smart drug” and has been said by many to increase their memory, productivity, focus and more.

Independent **studies** have also shown it decreases fatigue and increases mood. **Other studies** show the same but with the addition of motivation, reaction times and vigilance. One study even linked it to **improved brain function** in sleep deprived doctors.

Beyond narcolepsy, it’s currently **in use by the air force** to help keep fighter pilots awake on long flights.

For some it has had a profound impact on their lives in terms of overall productivity. All you need to do is search /r/nootropics for “**modafinil**” and you’ll find plenty of topics and discussions on it.

Again, I’m not here to try and persuade you to take anything, just letting you know all your options in this scenario. It doesn’t work for everybody but if you’re struggling with productivity then this might help.

Don’t forsake it for a miracle drug though. It’s not going to give you motivation to get that work done you’ve been procrastinating on. It will simply help you make more efficient use out of your time.

For an unbiased opinion on Modafinil check **this page out** . If you’re interested in trying Modafinil then check out this **Reddit FAQ** on the topic.



You're Awesome! In Summary

I haven't scared you away yet? Well that's brilliant. I hope I provided some new bits of info that will help make your life more productive and fulfilling. If you're on my mailing list you'll receive an update from me every time I post a new post dedicated to helping you be more productive and creative.

- Check out my list of **Tools & Resources** here
- Follow me on twitter **@codymclain**

