



Hack your brain

Hacklu 2025

01 Perceived limitations

"The psychic entropy peculiar to the human condition involves seeing more to do than one can actually accomplish and feeling able to accomplish more than what conditions allow."

— Mihaly Csikszentmihalyi,

Flow: The Psychology of Optimal Experience



02 Journaling

“Just the act of free-flow writing quieted my brain. It took the big ball of yarn and tangles, and somehow, a little corner of it began revealing order.”

— S.D.G., Naked



03 Internal noise

“One of the most frequently mentioned dimensions of the flow experience is that, while it lasts, one is able to forget all the unpleasant aspects of life.”

— Mihaly Csikszentmihalyi



04 Programming

"Programs must be written for people to read, and only incidentally for machines to execute."

Hal Abelson



05

Social creatures

"Honor reason."

The Code of Trust, Robin Dreek



06

Experimentation

"Failure is success in progress."

Albert Einstein



07 Personality

"I like going from one lighted room to another, such is my brain to me; lighted rooms."

Virginia Woolf



08 Emotions

"Where the heart lies, let the brain lie also."

Robert Browning



09 Diversity

"The world needs different kinds of minds to work together."

Temple Grandin



10 Artificial Intelligence

"Artificial intelligence is not a substitute for human intelligence. It is a tool to amplify it."

Fei-Fei Li





THANK YOU