




Dr Rebecca Dalli Gonzi

## MY 100 WORD IDEA TO CHANGE MALTA

### *The Continuity Product*


Individuals crave security, stability, continuity, and the option to create change. How? By retaining project progress. Your Continuity Product can make this happen. Your policy, concept, or idea is for the benefit of humanity, not just your lifetime. Even though Steve Jobs has passed away, your iPhone still blinks. A continuity mind frame is what lies behind successful enterprise. A continuity product is packaged in four parts: one, your team is indifferent to pressure; two, you are not in recovery mode, you take action; three, key resources are always ready; four, Big Data will manage your stats and your impacts. 

## BRAIN ENHANCING DRUGS

Alexander Hili

This is a murky area to discuss. Cognitive-Enhancing drugs are usually used to treat conditions such as sleeping disorders and ADHD. However, if taken by a person (and we do not recommend these pills) without these conditions, they can enhance the brain for a short time. But no gain comes without pain.

Side effects are a problem. Take coffee, a weak stimulant that increases focus for a short period. A person slowly builds up tolerance and an addiction to the effect of caffeine. The ability to maintain a normal state of focus now requires that cup of coffee. Mind enhancement drugs taken without a prescription could lead to sharper wits in the short term, however they could lead to addiction in the long term. Ritalin and Adderall, prescribed for ADHD, can also lead to heart problems.

The benefits many of these drugs give are usually minor—nothing like the movie *Limitless*. But while our minds do have limits, they are probably fewer than one might expect, especially if we push ourselves that extra mile. 



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