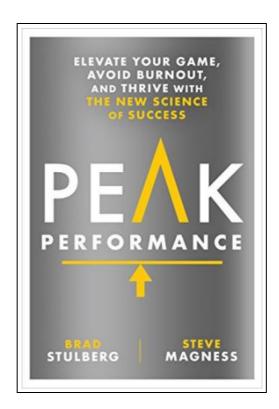
Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success (Hardback)



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Reviews

Thorough guide! Its such a very good go through. It is really simplified but surprises in the 50 % from the ebook. You will like how the blogger write this ebook. (Mr. Brandt Kihn)

PEAK PERFORMANCE: ELEVATE YOUR GAME, AVOID BURNOUT, AND THRIVE WITH THE NEW SCIENCE OF SUCCESS (HARDBACK)



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Rodale Press Inc., United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Peak Performance combines the inspiring stories of top performers across a range of capabilities from athletic to intellectual to artistic with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. Peak Performance presents the newly-discovered links that hold promise as performance boosters, but that have been traditionally overlooked. In a concise and relatable manner, Peak Performance explains the strong connection between mind and body and how everyone can apply certain techniques to enhance their own achievements. This book is an entertaining and actionable guide to optimising personal performance that shows readers how to get the most from themselves. Brad Stulberg and Steve Magness highlight great performers across various disciplines including Olympic marathoner Meb Keflezighi, three-time Grammy Award winner Don Was, and renowned mathematician David Goss. This book discusses the science and application of each principle of success and concludes with prescriptive techniques. Unlike other performance books that are field-specific, Peak Performance cuts across domains and will attract readers and entrepreneurs involved in diverse pursuits, from athletes to artists, from hobbyists to scientists, from students to business professionals. If you want to take your game to the next level, whatever your game may be, Peak Performance will teach you how.

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