

ELEVATE YOUR GAME,
AVOID BURNOUT,
AND THRIVE WITH
THE NEW SCIENCE
OF SUCCESS

PEAK

PERFORMANCE



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



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Peak Performance - Learning the Principles, Carrying it out, and developing your path to success

This is a thoughtful, well-written and practical focus on methods to improve your performance based on principles developed from both real-world examples (across many fields) and the latest science (across multiple disciplines). weaknesses, passions and personality. If you are prepared to do the work, try some new things (and/or stop doing some others), then this publication will provide an abundance of ideas and information to help you on your own journey. I anticipated that would be helpful in my use them (it TOTALLY will be), but what I under no circumstances designed was that it will be helpful for me, too. My favorite feature of the book are the "performance practices" - these are callout boxes that distill important ideas into actions you can take right away to start out to improve. in the manner they are and what can be done to boost that equation. I treasured this estimate from Michael Joyner - "You have to say no to numerous things therefore that when it is time to say yes, that can be done therefore with all of your energy. Highly recommend both book and owner.* transcend your "personal". This chapter is on purpose and it challenges a lot of my thinking. great book made perfect sense The only faster delivery is digital! I would like to understand both theory and practice in this area therefore i will be reading some of the works mentioned here in the near future. I am a strong believer in purpose however, not "self-transcendence" which is what I want to understand more. Great book not merely to sportsmen but also to every person who wish to live happier! I recommend the book highly and for those who are instructors or leaders, I would encourage you to share the ideas together with your groups (and cause them to become read the book).This book is fantastic for anyone who wants to understand him/herself better or wants to encourage those with whom they work (e. The energy of the book is that it is encouraging me to explore those areas in more detail. Additionally, the majority of us understand that psychology and the social sciences have been plagued with a "reproduce-ability crisis" with many reports. While this function is very evidence based, it is important to remember that these tips and results will continue to evolve and modification. For those with a growth mindset, that is just another piece of the puzzle in long-term learning and growth.I hope this reserve gets a wide audience and helps others in their staff success and flourishing. It's an easy read.The book is broken into 3 sections predicated on their key principles of:* The Growth Equation (stress + rest = growth)* Priming - the energy of developing optimal routines and creating your day time* Purpose - to keep you focused and motivatedThere are many valuable ideas and insights in each chapter. Given my history in sport and scientific psychology, it's a rare book that speaks if you ask me on such a deep level. The last writer that had this impact on me was Adam Grant, therefore we're speaking "Adam Grant-level impact" here!! was acquainted with 80% of the study the authors discussed, and they do a fantastic job of accurately discussing the findings in a practical way. What I really like most about this reserve can be that the authors present the findings in such a way that it really begs the reader to issue why he/she is certainly approaching life, training, etc.We learned and was challenged through the entire book - my 2 beloved chapters are:* minimalist to be a maximalist - life is approximately choices in fact it is important to be highly focused in some areas and minimize the decisions and interest we give to the areas. They recognize this looks different for each athlete and challenge the reader to think about what the "stress + rest" equation appears like in his/her very own life. This reserve helped me obtain obvious insight into my own goals and how exactly to keep your "eye on the prize" while remaining driven and concentrated in a sustainable way. Definitely worth a second browse to digest all the information., not formulaic).Two additional thoughts - any critical thinker will see areas they disagree with in most books and this is no exception.g., sportsmen) to do the same.

Reading this helped me take an HONEST look at my own lifestyle and tweak things to continue my own peak performance route. Browse and apply! The only "negative" (and it's really not a negative, only a preference) is the "activity" the authors recommend completing at the end of the book because I MUST SAY I do not like those activities in books. However, the authors comment that they, too, usually do not like these actions, which decreased my resistance :) I see worth in the activity and plan to complete it for many domains of my life. Definitely a motivator for elevating your game! Lot of examples of high performers and their encounters! As a runner, I discover Steve extremely relatable, however, I am impressed with how relatable all of the tales in the publication are irrespective of your passion (athletic or not really). They offer ideas of how exactly to change things, but in a way that is still very individualized (i. This publication is an extremely easy read and well crafted. You'll figure out how to work within your strengths & Consistently Good Advice Although it's somewhat repetitive, the core information throughout the book is quite useful. Old Dogs Can Learn New Tricks :) Just finished. Excellent work at taking potentially complex scientific principles, ideas, and concepts and presenting them in basic, not simplistic, ways so the reader can easily learn how to apply them. If applied, it'll skyrocket your success. But, it is not a one-size-fits-all magic formula. I would definitely recommend this book to help you middle yourself around your passions and goals. This is a "Do the task" book - if you are looking for the achievement and flourishing exact carbon copy of a get rich quick scheme, then look somewhere else. Delivered unbelievably fast, ordered Saturday night after dinner, on my desk Monday before my second sit down elsewhere. As an old guy in his 45th yr of working and having been through the PhD grind over twenty years ago, this book would have saved me a whole lot of trial-and-error in my own pursuits. I really cannot say enough good things concerning this book, but to appreciate this, you will have to browse it for yourself! It blends well with the research, but I want they would've kept using harder science at the end of the book. The authors included several real life examples from great performers of different areas: athletes, performers, businessman, and so forth. They also try to floor their advices on scientific analysis. The reason I gave four celebrities is that I expected more scientific evidence and more descriptive explanations about several ideas presented in the publication. However, it is a very great publication and it worths reading it. I plan to work with a few of the tips mentioned here (and do the exercise deliberately that they recommend) and see how this works for me. It is a versatile framework. Great read was suggested by my boss and I liked it therefore much bought extra copies to give to friends." The key is to be intentional and to make habits for the areas which are needed but not really section of your focus. Great book Very good book. I would reread or pay attention to more than once Great Book This is an excellent read, however the ending starts trending toward the "self-help" area. Usefull advices for performance improvement The book provides usefull advices for those who want to improve their performance in virtually any aspects of their life. Among the better books out there for those looking for a refined outlook ... Among the better books out there for those looking for a refined outlook and method of performance. Actionable content throughout. The book is actually action oriented and I have already starting utilizing the ideas as I browse the book during the last few days. I have absolutely LOVED scanning this book about maximizing your potential self. Great book Loved the concepts. Pleasant read from begin to finish, loaded with practical ideas no matter your age, gender, passions, or pursuits! Great read. Done well! "Adam Grant-level impact" after scanning this book I purchased this publication because I love to keep up to date with books athletes I work with are likely to read (I'm a sport psychologist).



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