



Peak Performance

Donna Shryer



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Peak Performance Brad Stulberg, Steve Magness, 2017-06-06 A transfixing book on how to sustain peak performance and avoid burnout Adam Grant New York Times bestselling author of *Option B* Originals and *Give and Take* An essential playbook for success happiness and getting the most out of ourselves Arianna Huffington author of *Thrive* and *The Sleep Revolution* I doubt anyone can read *Peak Performance* without itching to apply something to their own lives David Epstein New York Times bestselling author of *The Sports Gene* A few common principles drive performance regardless of the field or the task at hand Whether someone is trying to qualify for the Olympics break ground in mathematical theory or craft an artistic masterpiece many of the practices that lead to great success are the same In *Peak Performance* Brad Stulberg a former McKinsey and Company consultant and writer who covers health and the science of human performance and Steve Magness a performance scientist and coach of Olympic athletes team up to demystify these practices and demonstrate how you can achieve your best The first book of its kind *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 In doing so *Peak Performance* uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally siloed ways of thinking The result is a life changing book in which you can learn how to enhance your performance via myriad ways including optimally alternating between periods of intense work and rest priming the body and mind for enhanced productivity and developing and harnessing the power of a self transcending purpose In revealing the science of great performance and the stories of great performers across a wide range of capabilities *Peak Performance* uncovers the secrets of success and coaches you on how to use them If you want to take your game to the next level whatever your game may be *Peak Performance* will teach you how

Essential Processes for Attaining Peak Performance Dieter Hackfort, Gershon Tenenbaum, 2006 This volume reflects state of the art and controversial discussions on the topic of athletic expertise based on a particular theoretical point of view or empirical research It exposes the reader to different perspectives and allows the reader to consider a variety of sub domains within the topic of sport expertise Thus this volume contributes updated knowledge a more holistic perspective on this body of knowledge and a comprehensive understanding of the topic of athletic expertise *Peak Performance* John Hawley, Louise Burke, 1998 A state of the art one stop text for coaches and athletes who want to improve their sporting performances via the application of scientific training and nutritional principles Climbing Clyde Soles, Whatever your talent experience and ambition if you climb you would do well to read Clyde Soles training manual This book will allow you to pull down harder last longer and have more fun while you re at it Jon Krakauer author of *Into Thin Air* Climbing exercises to build strength endurance flexibility and aerobic fitness Up to date nutritional information to power your climbing training Climbing fitness tips that prepares you both mentally and physically Climbers at all levels benefit from working to build core

strength opening the door to higher levels of achievement This important edition in the Mountaineers Outdoor Expert series covers everything you need to improve your climbing fitness in ways that takes your performance to the next level There is even instruction on yoga Pilates and herbal supplements as well as a section on core training Climbing Training for Peak Performance also contains information about rehabilitation after an injury plus several new training programs **The Peak Performance Formula** Bob Lesser,2021-08-24 Do you believe you have barely tapped your potential career Do you know that you could change your business your industry and the lives of those around you if you just got the chance It s time to make your own chances with The Peak Performance Formula We all need tools and tactics to achieve at the highest levels both at work and in life This book gives you the framework Eric Schmidt Cofounder Schmidt Futures and Former CEO Google As a Bay Area resident and longtime Silicon Valley executive coach Bob Lesser knows the stresses of career development firsthand His advice research and 30 Day Peak Performance Challenge draw from his own experiences and research yet can be applied much further than just the workplace Whether you are a struggling athlete or a high powered executive The Peak Performance Formula will guide you to become your best and not settle for mediocrity In this actionable guide to achieving one s peak performance Lesser shares his analysis of the three pillars of success purpose values and vision He incorporates case studies from real life peak performers people and organizations that are the best and the brightest Bob will help you examine these questions in detail so you can find the answers that are waiting within you What exactly is purpose and how can you pinpoint yours How can values improve your fulfillment and performance How can you utilize vision to ensure you re getting where you want to go regardless of your chosen endeavor Bob will show you how the most successful leaders are innovative and influential and contextualizes his argument within neurological psychological and religious research so you can trust your instincts and have the relentless courage to succeed Read about Iron Man Dick Hoyt Musician G Love Activist Suraya Sadeed Former Governor Michael Dukakis and many more real life peak performers This simple but powerful equation Purpose Values Vision Peak Performance will open the doors that have been closed to you until now Readers of Outliers by Malcolm Gladwell Start With Why by Simon Sinek The 10x Rule by Grant Cardone and Relentless by Tim S Grover will love The Peak Performance Formula TAKE IT FROM THOSE AT THE TOP THIS REALLY WORKS As a cofounder leader and CEO I need to manage my time relationships energy and company at the highest levels The Peak Performance Formula will show you how Meirav Oren Cofounder and CEO Versatile The principles in this book have made me a better leader and have helped us build one of the most valuable new companies in our industry Bradley Rothenberg CEO nTopology Purpose and values guide everything we do as an organization This book shows you how to use these powerful tools in your own work Charles Best Founder and CEO DonorsChoose Peak Performance Fitness Academy,2020-12-05 An integrated and personalized approach to health nutrition training recovery and mindset The first book of its kind 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 In doing so Peak Performance uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally siloed ways of thinking The result is a life changing book in which readers learn how to enhance their performance via myriad ways including optimally alternating between periods of intense work and rest priming the body and mind for enhanced productivity and developing and harnessing the power of a self transcending purpose In revealing the science of great performance and the stories of great performers across a wide range of capabilities Peak Performance uncovers the secrets of success and coaches readers on how to use them If you want to take your game to the next level whatever your game may be Peak Performance will teach you how Peak Performance distills three decades of myth shattering research into a powerful learning strategy that is fundamentally different from the way people traditionally think about acquiring new abilities Whether you want to stand out at work improve your athletic or musical performance or help your child achieve academic goals Fitness Academy s revolutionary methods will show you how to improve at almost any skill that matters to you Training Journal makes deep science easy to understand and with information from leading experts who are influencing the top performers in sports on how to achieve world class success he lays out the record breaking feats of athleticism and strategies that are rooted in this personalized approach Training Journal s performance protocol is for the elite athlete active individual strength coach nutritionist or practitioner who wants to expand their potential by Connecting the importance of sleep digestion the athlete microbiome and blood glucose control metrics Creating personalized deep nutrition strategies for building muscle burning fat or making weight for competition Rethinking nutrition specifically for team sports Learning how elite endurance athletes fuel including training techniques to boost performance Applying the new science of recovery that enhances performance Emphasizing the tremendous role of emotional intelligence and mindset in overcoming roadblocks and achieving athletic success the next frontier in performance

Clinical EFT Handbook Volume 2 Dawson Church, Stephanie Marohn, 2013-06-30 EFT Emotional Freedom Techniques is used by an estimated 10 million people worldwide Yet a lack of standardization has led to a field in which dozens of forms of EFT with varying degrees of fidelity to the original can be found This led to the establishment of Clinical EFT the form of EFT taught in the original EFT Manual and associated materials and validated in over 20 clinical trials In this volume the most noted scholars researchers and clinicians in the field compile a definitive outline of the EFT protocol as it is applied in medicine psychiatry psychotherapy and life coaching This volume covers Integrative Medical Settings Special Populations such as Children Veterans Addicts Sports and Business Performance Innovations in EFT These handbooks are essential reading for anyone wishing to understand EFT as validated in research science and best clinical practice Positive Psychology William C. Compton, Edward Hoffman, 2023-11-09 Positive Psychology The Science of Happiness and Flourishing offers an up to date and contemporary introduction to the field of positive psychology The Fourth Edition includes new

material on the spread of positive psychology around the world and expanded coverage on character strengths emotional intelligence leisure and the biology of positive emotions *The Handbook of Humanistic Psychology* Kirk J. Schneider, James F. T. Bugental, J. Fraser Pierson, 2001-05-17 The Handbook of Humanistic Psychology is a landmark in the resurgent field of humanistic psychology and psychotherapy Their range of topics is far reaching from the historical theoretical and methodological to the spiritual psychotherapeutic and multicultural Students and professionals are looking for the fuller deeper and more personal psychological orientation that this Handbook promotes Peak Performance Donna Shryer, 2008 Provides a basic comprehensive introduction to sports nutrition including information on how nutrients help the athlete reach peak performance with a review of the food pyramid and how to read labels to make healthy food choices

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