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Peak Performance is a really helpful guide to
developing and maintaining peak performance
over the course of one's lifetime. The
authors help the reader to reframe their
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purpose and put in place the building blocks

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to sustainable Peak Performance.

~~Peak Performance: Elevate Your Game, Avoid Burnout, and ...~~

Expert performance guru Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory mavens. Peak condenses three decades of original research to introduce an incredibly powerful approach to learning that is fundamentally different from the way people traditionally think about acquiring a skill. Ericsson's findings have been lauded and debated, but ...

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This book describes three key principles underlying sustainable peak performance: 1. Stress + rest = growth. The scientific cycle of growth and development. 2. Develop optimal routines and design your day. Prime yourself for peak performance and daily productivity. 3. Harness the power of purpose. The power of purpose is a performance enhancer.

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learned to use in my running and beyond.”

~~Peak Performance: Elevate Your Game, Avoid Burnout, and ...~~

1-16 of over 2,000 results for Books: "Peak Performance" Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success. by Brad Stulberg, Steve Magness, et al. 4.7 out of 5 stars 396. Audible Audiobook \$0.00 \$ 0. 00 \$24.99 \$24.99. Free with Audible trial. Hardcover \$18.29 \$ 18. 29 \$24.99 \$24.99. Get it as soon as Wed, Oct 14. FREE Shipping on your first order ...

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Peak Performance is a marvelous book. It's a life-altering perspective on the essential components of how to perform at our highest levels. The research is thorough, with plenty of case studies to express the principles you will need to deliver your own best performance.

~~Peak Performance Summary — Four Minute Books~~

When I have taught peak performance, this book has been foundational in my attempt to help individuals reach their goals. The

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primary reason is the experience that Dr. Garfield had working with world class athletes. A graph in this book was the most profound example I have ever seen regarding the power of mental exercise.

~~Peak Performance by Charles A. Garfield~~
~~Goodreads~~

"Peak Performance Under Pressure is a must read for anyone who works in a high pressure, high stakes environment." The book discusses the psychology of pressure and how it can both positively and negatively affect our ability to perform.

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~~Peak Performance Book — CoreCognition~~

Book Description 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.

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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.

~~Peak Performance Audiobook | Brad Stulberg,
Steve Magness ...~~

Books shelved as peak-performance: The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance by W. Timothy Gallwey, Peak: Secret...

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~~Peak Performance Books — goodreads.com~~

Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive With the New Science of Success, by Brad Stulberg and Steve Magness, has received rave reviews across social media and various websites and review pages since the book's release.

~~Peak Performance: A Book Review |~~

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