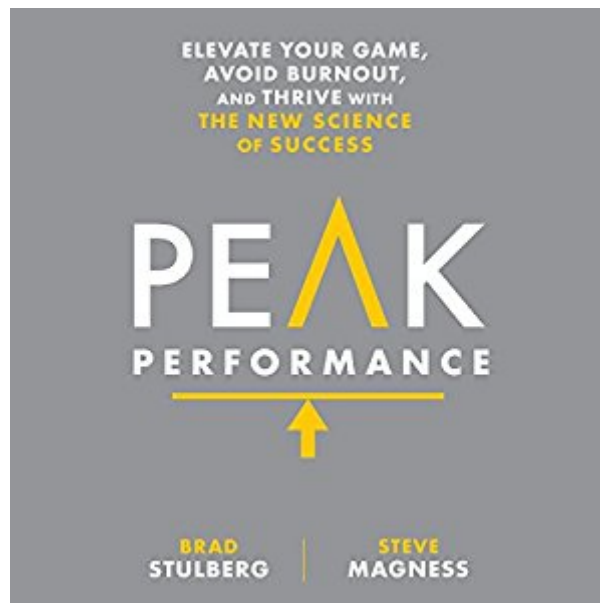




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# Peak Performance: Elevate Your Game, Avoid Burnout, And Thrive With The New Science Of Success



## Synopsis

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 journalist 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 everyone can achieve their 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 listeners will learn how to enhance their performance via myriad ways including: optimally alternating between periods of intense work and rest; developing and harnessing the power of a self-transcending purpose; and priming the body and mind for enhanced productivity. 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 listeners 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.

## Book Information

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## Customer Reviews

This is a thoughtful, well-written and practical work on ways to improve your performance based on principles developed from both real-world examples (across many fields) and the latest science (across multiple disciplines). This is a "Do the work" book - if you are looking for the success and flourishing equivalent of a get rich quick scheme, then look elsewhere. If you are willing to do the work, try some new things (and/or stop doing some others), then this book will provide a wealth of ideas and information to help you on your journey. The book is broken into 3 sections based on their key principles of:

- \* The Growth Equation ( $\text{stress} + \text{rest} = \text{growth}$ )
- \* Priming - the power of developing optimal routines and designing your day
- \* Purpose - to keep you focused and motivated

There are many valuable ideas and insights in each chapter. My favorite feature of the book are the "performance practices" - these are callout boxes that distill key ideas into actions you can take right away to start to improve. I learned and was challenged throughout the book - my 2 favorite chapters are:

- \* minimalist to be a maximalist - life is about choices and it is important to be highly focused in some areas and minimize the decisions and attention we give to other areas. I loved this quote from Michael Joyner - "You need to say no to a lot of things so that when it is time to say yes, you can do so with all your energy." The key is to be intentional and to make habits for the areas that are needed but not part of your focus.
- \* transcend your "self". This chapter is on purpose and it challenges a lot of my thinking. I plan to work with some of the ideas mentioned here (and do the exercise on purpose that they recommend) and see how this works for me. I want to understand both the theory and practice in this area so I will be reading some of the works mentioned here in the near future. I am a strong believer in purpose but not "self-transcendence" and that is what I want to understand more.

The book is truly action oriented and I have already starting using the ideas as I read the book over the last few days. I recommend the book highly and for those who are coaches or leaders, I would encourage you to share the ideas with your teams (and encourage them to read the book). Two additional thoughts - any critical thinker will find areas they disagree with in most books and this is no exception. The power of this book is that it is encouraging me to explore those areas in more detail. Additionally, most of us know that psychology and the social sciences have been plagued with a "reproduce-ability crisis" with many studies. While this work is very evidence based, it is important to remember that these ideas and findings will continue to evolve and change. For those with a growth mindset, that is just another piece of the puzzle in long-term learning and growth. I hope this book gets a wide audience and helps others in their personnel success and flourishing.

This book was wonderful. It's not a book for just athletes. It covers all facets of life and I know I will

be reading it again. The book is extremely helpful for everyone to enjoy peak performance in everyday living. Congratulations to both Brad & Steve on a very easy to read uncomplicated book for living life to its fullness.

I've received the newsletter for a few months before the book came out. The book provides greater detail on what's shared in the email. It's helpful advice and I've put many of the practices in the book, such as stress followed by rest, into my daily workout routine. I've also tried new things such as swimming (lifelong runner who hated getting into the water). It's been a struggle, but I'm starting to see benefits. I wouldn't have done that without the advice in this book pushing me. Work life has improved, too. Focus on the day, take breaks, be deliberate when reacting/responding to new challenges.

In a world where everyone is trying to "Hack" their way through everything Brad and Steve offer a refreshing alternative approach. To truly reach a sustainable peak performance you must be willing to work at it and love that journey. Peak Performance offers a way to achieve this! A must read!!

As a masters runner I agree with and appreciate what I've read so far. To me it's all about standing the test of time and making sustainable progress from year to year while adhering to a healthy lifestyle and I find this book to be in conjunction with my values.

Easy read with simple principles that we all can apply. Much of the information isn't rocket science, but having it laid out in a clear concise format such as this should help to ingrain this philosophy.

Steve Magness and Brad Stulberg have written the best book I have ever read about performing your best. As a High School Athletic Director, this is the summer read for our coaching staff. I think the book's main premise -- top performance comes from the proper mix of very hard work but then REST -- is especially important for ambitious high school students, musicians, athletes. This is an important message for high school students to hear as the message our culture seems to deliver today is either just work very hard and never rest -- or stress is bad so take it easy. Really what science shows and common sense tells you is that work and rest are equally important. Top performance never happens without hard work but rest and recovery are often where the greatest leaps are made. I was lucky to get an early copy and if I could give this book 6 stars I would.

I ordered this book for my husband and he's already read it, as have I. Steve Magness and Brad Sulberg are on the front lines of performance - this is a must read for anyone looking to reach, and sustain, performance at the top level in work, at home, and in life in general.

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