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Peak Performance PEAK PERFORMANCE Peak Performance Peak Performance Peak Performance Peak Performance Peak Performance Peak Performance Loose Leaf for Peak Performance: Success in College and Beyond Peak Performance Instructor's Annotated Edition Peak Performance The Peak Performance Advantage One Book for Life Success Summary of Peak Performance Peak Performance Principles for High Achievers Peak Performance Achieving Peak Performance GEN COMBO PEAK PERFORMANCE: SUCCESS IN COLLEGE AND BEYOND; CONNECT ACCESS CARD Peak Performance Drivers of Athletic Success *Sharon K. Ferrett SHARON. FERRETT Sharon K. Ferrett McGraw-Hill McGraw-Hill Sharon Ferrett Sharon K. Ferrett Ferrett Sharon Ferrett McGraw-Hill Sharon K. Ferrett Parmees Yazdanyar Venu G. Somineni SellWave Audio John R. Noe Brad Stulberg Robert Spillane Sharon Ferrett McGraw-Hill Adonal Foyle*

peak performance covers study skills and professional development and is designed to help students succeed in school and in life it is the only text that connects success in school with success on the job and it does more with positive attitude andmotivation than any other text it addresses both the academic skills needed across the curriculum as well as the broader skills needed to succeed in college

presents new and returning college students with practical hands on methods of increasing their performance inside and outside the classroom this book helps them make the connection between their academic efforts and their job and life skills it teaches a variety of personal productivity skills related to positive work and study habits

presenting new and returning college students with practical hands on methods for increasing their performance both inside and outside the classroom this text shows them how to make the connection between their academic efforts and their job and life skills

this is a revision ten editions in the making we pulled out all the stops to commemorate ten editions of teaching students how to reach their peak performance and succeed in school and life peak performance delivers the essential tools for managing time and resources by showing students how to empower themselves to feel that they belong in college and that the tools for success are all around them learn how habits work and how to replace counter productive habits with positive habits that will help them in college and beyond learn to integrate all learning styles for maximum success learn how to seek out support and resources on campus for challenges new students face and remain persistent in pursuit of their goals relate what they are exploring now to future success on the job strive to cultivate the qualities habits and skills of peak performers

success often looks different from the outside than it feels on the inside whether it s an olympic athlete a groundbreaking mathematician or an artist pushing the boundaries of creativity the truth is that high achievement stems from a set of common practices that transcend any one discipline in peak performance brad stulberg and steve magness draw on cutting edge science and real stories of elite performers to reveal how anyone can reach their best in work sport or life the book uncovers the universal drivers of excellence weaving together neuroscience psychology and physiology with vivid examples from top performers in every field readers learn how alternating periods of intense effort with deliberate rest fuels growth how to prime the body and mind for deep focus and why anchoring your pursuits in a self transcending purpose can elevate performance far beyond talent or training alone these lessons show that sustainable success isn t about grinding endlessly but about balancing stress with recovery and connecting your efforts to something bigger than yourself more than just a manual peak performance is a guide to building habits that unleash potential and create momentum in any endeavor by combining practical strategies with inspiring case studies it challenges readers to rethink what it really takes to excel and equips them with the tools to step into their own version of greatness

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

this is a revision ten editions in the making we pulled out all the stops to commemorate ten editions of teaching students how to reach their peak performance and succeed in school and life peak performance delivers the essential tools for managing time and resources by showing students how to empower themselves to feel that they belong in college and that the tools for success are all around them learn how habits work and how to replace counter productive habits with positive habits that will help them in college and beyond learn to integrate all learning styles for maximum success learn how to seek out support and resources on campus for challenges new students face and remain persistent in pursuit of their goals relate what they are exploring now to future success on the job strive to cultivate the qualities habits and skills of peak performers

one of the key questions every athlete should ask themselves is what fuels me to perform at my best another way of asking the question is what are the necessary drivers i need as an athlete to perform at an elite level to experience peak performance the mental and physical aspects of the game must come together to achieve an unshakable and unbreakable bond of unity the drivers building blocks unlock the true meaning of sports confidence and motivation

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