

PEAK PERFORMANCE

Elevate Your Game, Avoid Burnout, and Thrive With the New Science of Success

BRAD STULBERG and STEVE MAGNESS

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The website for this book is at: www.peakperformancebook.net.

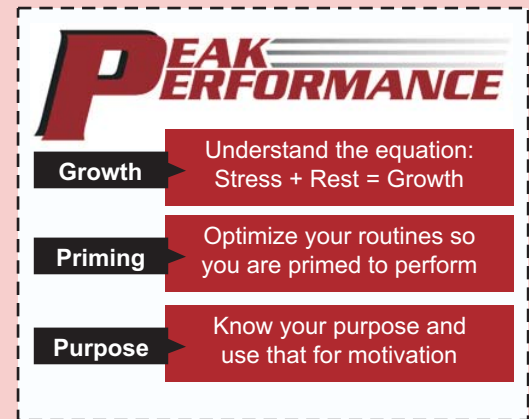
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MAIN IDEA

How do you improve your performance in all areas of your life – personal and professional?

Today, you and pretty much every person in the workforce will be increasingly competing against machines that learn relentlessly. Artificial intelligence is exerting more and more pressure on human performance in the workplace. And if that wasn't bad enough, you're now also competing against a global talent pool.

Some people turn to performance enhancing drugs to stay competitive but fortunately there is a better way. If you study Olympic-class athletes and delve into the art and science which underpins their accomplishments, you'll find it always comes back to three principles which lead to a person being able to deliver peak performance:



These principles have been used by athletes for centuries to deliver stellar performances but it's the science that underpins them that's universal.

"It turns out that whether someone is trying to qualify for the Olympics, break ground in mathematical theory, or craft an artistic masterpiece, many of the principles underlying healthy, sustainable success are the same. The world's best thinkers and the world's best powerlifters follow the same processes to elicit growth."

– Brad Stulberg and Steve Magness



Growth → Understand the equation: Stress + Rest = Growth Pages 2 - 4

In the world of exercise science, periodization reigns supreme as the way to improve your performance. You do this by alternating stress with rest and recovery time. All world-class athletes undertake deliberate hard practice sessions and then allow some deliberate recovery time. Less well known is the fact this cycle also applies to creative and intellectual development as well. If you want to get better at anything, find systematic ways to stress your skills and then rest like the best. Skills come from the struggle but breakthroughs come when you rest.

Priming → Optimize your routines so you are primed to perform Pages 5 - 6

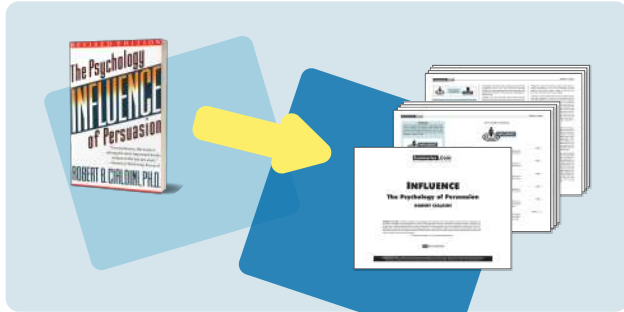
Athletes don't just walk out of the dressing room and then expect themselves to immediately be in the zone and performing at the absolute edge of their capabilities. They have structured warm-up routines where they get into the right headspace and get the blood flowing. Similarly, to achieve peak performance in your daily work activities, you have to prepare your mind. You do this by having regular routines which get you in the zone and by also by creating "a place of your own" where you do your most important work. Create routines and an environment which will enhance your productivity.

Purpose → Know your purpose and use that for motivation Pages 7 - 8

Throughout history, the world's greatest achievements have been made by people who had a purpose greater than their own self-interest. To push yourself to achieve more, develop your purpose. Weave it into your day and do things which are aligned with that purpose. Harness the performance-enhancing power of an engaging purpose and you can and will do your best work. Never stop revisiting and refining your purpose as you move onwards and upwards in terms of personal performance.

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