

Beyond Best is in bookstores now!

Beyond Best: Peak Performance in Changing Times brings a fresh and innovative approach to breaking barriers of achievement, monotony, discontent and unwanted behaviors. This cutting-edge information offers a radical departure from standard methods of change. It is designed for today's challenges and fast past while being both practical and theoretically sound. We are shown why and how talented people reach levels of success only to plateau. Hidden performance blocks and other automatic or unwanted behavior is demystified.

The author shows how biochemical, structural and emotional aspects come together at the cellular level to cause us to resist change, self-sabotage, hang on to personal comfort zones, and accept unwanted or uncomfortable roles. Like metabolic plateaus that hamper weight loss, subconscious set-points dictate what we can tolerate. Performance and other set-points can be identified and your blueprint for achievement then programmed to accommodate benchmark performance in any situation.