

Congratulations on your quest for Peak Performance! You have already taken your first important step toward becoming a Peak Performer by committing to read this book. The author has collaborated with many successful individuals and studied the elements of success that are inherent in every Peak Performer. If you are a busy person, youâ€™ll love the format of this book. It gets to the point right away with each Peak Performance concept and leaves you with something to think about, put into action in your life, and many instances immediately begin to see results. The Ten Commandments of Peak Performance covers the most common and the most critical characteristics that are important to top performers. Some of the concepts in this book may be familiar to you but you may not be actively applying them in your life. Re-familiarizing yourself with them and putting them into practice will take you to higher levels of conceptualization of core success principals. To succeed at whatever your endeavor in life, these are the areas that you will need to focus on. Regardless of your current profession, your milestone in life, or need to venture into something new, the information in this book can be universally applied to you. There is one unifying theme to the information in the pages that followâ€”FOCUS! At the end of each chapter, you will find bulleted 80/20 Insights which summarize the two key points that are most important to focus on. Included at the end of the book is a Study Guide. To achieve success, review these bullet points and use the Study Guide to propel you in your journey to attain Peak Performance.

Making Work Visible: Ethnographically Grounded Case Studies of Work Practice (Learning in Doing: Social, Cognitive and Computational Perspectives), 52 Cosas Que Daniela Desea Que Jorge Sepa: Una Manera Diferente de Decirlo (Spanish Edition), A History of Greece (Classic Reprint), The Soul: Our Innermost Eternal Sparkling Diamond. PART 27., Writing: The College of Ideas and Expressions Second Edition,

Editorial Reviews. From the Author. Dear Peak Performer, Congratulations on your quest for Peak Performance! You have already taken your first important step .

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