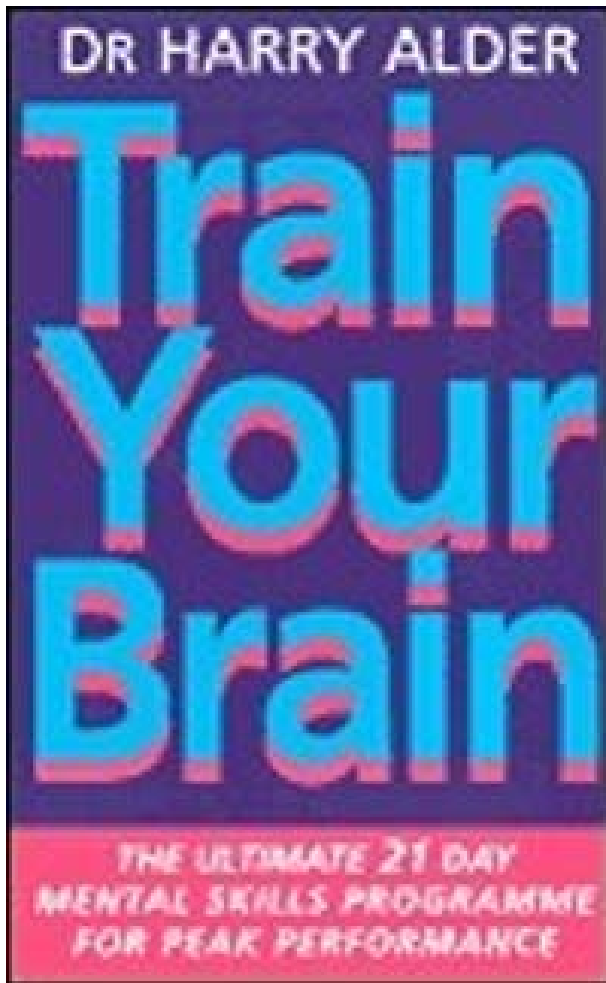


Train Your Brain



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Scientific breakthroughs in neurobiological research have identified how extraordinary feats of creativity can be achieved, and how we can all reach this inspired state. This is a discussion of what it means to operate in a state of flow, or peak performance, when anything and everything seems possible. Alder shows readers how to identify, achieve and capture this heightened state, so that they can experience peak performance at will and take the hit-and-miss element out of personal achievement.