

UNLEASH THE  
PEAK PERFORMER  
WITHIN YOU

## CHAPTER 1

### UNLOCKING YOUR BODY'S ELITE PERFORMANCE

*"The great thing, then, in all education, is to make our nervous system our ally instead of our enemy."*

- William James -

*America's First Psychologist*

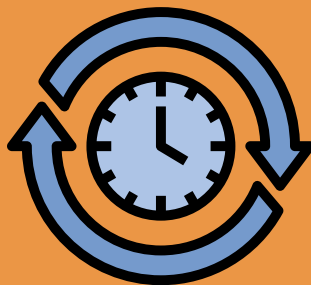
1

**Begin noticing and eliminating excessive ruminations of past mistakes.**



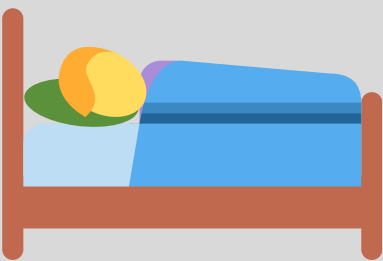
2

**Focus on today, in the moment, less on concerns and worries in the future.**



3

**Change your attitude towards sleep. It's not something you can steal from, it's the most important task you do each day.**



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