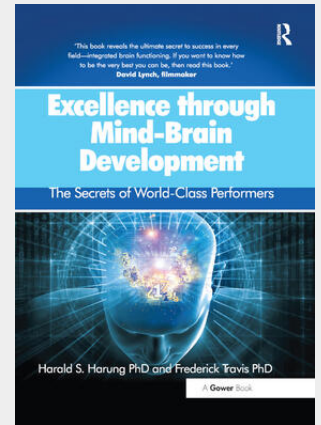


Harung / Travis

## Excellence through Mind-Brain Development

The Secrets of World-Class Performers

Everyone seeks to attain excellence and happiness in their lives, yet world-class performance is rare. Research shows that education accounts for only 1 per cent of performance levels, work experience only 3 per cent, and age in adults 0 per cent. Dr Harald S. Harung and Dr Frederick Travis looked deeply and unearthed the secret of world-class performance: Excellence in any profession or activity depends on the single variable of high mind-brain development. By mind-brain development, the authors refer to a much more comprehensive transformation than what is commonly understood - they are talking about a sequence of fundamental shifts to new realities in the way our brain functions and in the way we look upon ourselves, others, and the world. For success, who we are is far more important than the knowledge, skills, and relationships we have and what we do - because with higher mind-brain development, our knowledge and skills become more useful, our relationships more enriching, and our actions more effective. As part of presenting the secrets of world-class performance, the book details the inspiring peak experiences that underlie top performance and how top performers have a more orderly, restfully alert, and economic brain than average performers. This research-based book will show you the many benefits of higher mind-brain development and how to effortlessly attain it.



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