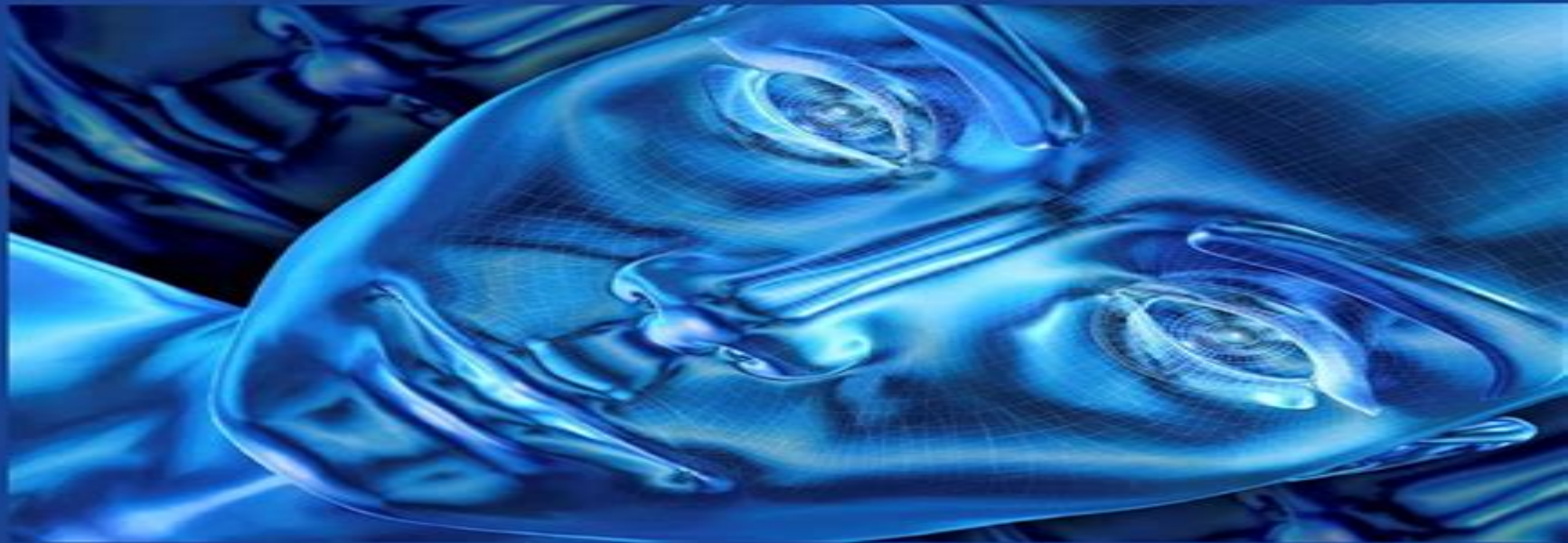


# PEAK EVOLUTION

Beyond Peak Performance  
and Peak Experience



Lauren Holmes

# Peak Evolution Beyond Peak Performance And Peak Experience

**C. A. Brebbia, Alexander Peters**



## **Peak Evolution Beyond Peak Performance And Peak Experience:**

*PEAK EVOLUTION: Beyond Peak Performance and Peak Experience* Lauren Holmes, 2010-05-31 This is the second edition of the powerful peak evolution paradigm shift. It is the means to leave a lifetime legacy more profound, more meaningful, more impactful, and more valuable to world progress than you thought yourself capable of contributing. Peak Evolution offers a breakthrough new approach to achieving the most evolved states known to mankind. It is a means to have right now the advanced functionality of the future human, which will not be prevalent for generations. Peak Evolution serves as an explanation and beacon for people who have spontaneously begun to evolve ahead of the general population and a road map for those who wish to proactively speed evolution. Peak Evolution is a how-to book for achieving beyond your innate potential by harnessing natural evolutionary forces, attempting to ensure the survival and peak performance of all living systems. The multitude of systems inside of our bodies or outside of us in a biological ecosystem, for example, are both kept in balance by these natural evolutionary forces. It is therefore only logical to deduce that those same evolutionary forces are also acting upon us directly. Our cultures have simply interfered with our ability to comply with and capitalize on these forces. Peak Evolution identifies ten signals of those powerful evolutionary forces operating in your life so you can harness that flow to function and achieve goals beyond your potential. Your capabilities are extended by the knowledge, intelligence, mechanisms, processes, and creativity of nature. When you align your internal drives with nature's drives, you cannot help but shift into overdrive. You are perpetually pulled beyond your previous potential into a state of accelerating evolution or peak evolution. This is how ordinary people have been capable of extraordinary achievements.

**SAVANTING: Outperforming your Potential** Lauren Holmes, 2019-10-01 This penetrating comparative analysis of Bill Gates, Steve Jobs, Jeff Bezos, Mark Zuckerberg, Oprah Winfrey, and other superachievers revealed an astonishing truth. Incredibly, they all deployed the same success strategy, a strategy which Savanting arms everyone to duplicate. In actuality, these illustrious careers demonstrate a new way of operating. Savanting: Outperforming your Potential unveils an unprecedented biology-based protocol for achieving one's most sought-after career and life goals. Imagine what you could accomplish with biological maximization. This breakthrough protocol was developed over the decades of this author's career maximization work. Her real-life experimentation was informed by her degree in bioanthropology and her own innate predisposition for this work. Famous superachievers are not the only ones to use this remarkable achievement-enhancing methodology. Surprisingly, it is also behind the unexplained superskills of savants. It enables them to outperform their potential to achieve incredible feats of genius from deficient brains, theoretically incapable of them. Persuasive arguments suggest that this biology-driven protocol makes savant-like functionality accessible to everyone. According to this award-winning author, we merely need to exploit the links between internal and external biology, which have co-evolved to increase human adaptivity and potential. This is how you too may outperform your assumed potential. Consequently, this new internal-external protocol empowers creativity from

noncreatives breakthroughs from the nonbrilliant prophetic vision from nonvisionaries and accelerated execution from the execution challenged In Savanting s final chapters this just proved success formula is then projected out to show how man s most desired goals can be byproducts of applying it the extreme self knowledge of enlightenment self actualization and self transcendence meaningful contribution self love and happiness wholeness and the self repair necessary to achieve it expanded and even cosmic consciousness and a reliable process for identifying one s true biology defined purpose and attaining one s greatest intrinsic and extrinsic rewards These byproducts suggest we have access to an elevated level of human potential simply by changing how we operate These byproducts therefore have profound implications for how future generations will function Not only will there be a fundamental revision to our method of operation but to the expansions of consciousness from which we ll achieve The path of human evolution becomes obvious Savanting is an opportunity for you to discover what you are truly capable of achieving and experiencing This avant garde protocol is an opportunity for you to facilitate our inevitable evolution Join the movement to operate as the future human now **BioMaxed** Lauren Holmes,2019-02-04 This collection of articles is a game changer for career and life strategy goal achievement self actualization and peak performance The unprecedented BioMaxed methodologies help you to determine your personal formula for a biologically maximized career and life The result is paid play paid growth and paid learning as a way of life Discipline and the need to push yourself are replaced by the pull of addictive drives and emotional highs You can accomplish so much more than you ever thought yourself capable by never having to work again Biomaxing is about more than clich s such as follow your heart or do what you love or play to your strengths When you discover your formula for maximization there are extraordinary biological consequences Your capabilities are extended by nature s machinery for maximizing all systems for survival Your capabilities are extended by those of the surrounding biological infrastructure with which we have co evolved to function The whole will exceed the sum of the parts You shift into overdrive You outperform your known potential You discover that true human potential relies on an internal external partnership which you are about to learn to master New methods of information access become available New functionality and evolved states emerge Growth accelerates Peak experience becomes your new norm Breakthroughs epiphanies and coincidences multiply to catapult you to your goals One breakthrough can bypass the hundreds of steps required to achieve a goal One breakthrough may be life changing career changing and even world changing Some of the BioMaxed articles advance the author s methods of capitalizing on this external maximizing machinery introduced in her best selling primer Peak Evolution Beyond Peak Performance and Peak Experience 2001 The rest apply the author s methods of exploiting this bio infrastructure to career related matters relevant to anyone who has significant goals to achieve As such BioMaxed is a must read for all aspiring worldbuilders and anyone who is driven to leave their most impactful footprint on the world It s a revolutionary route to your greatest intrinsic and extrinsic rewards In fact it s a route to a heartfelt goal you may neither have realized you wanted nor

was possible sustained self sufficient self love through continuous creative self expression of your essence Noble Enterprise Darwin Gillett,2008-01-01 If you want the insights leadership tools and inspiration to create a noble enterprise and lead your people to new heights of performance then this is the book for you In it you will learn how to Strengthen your organization Awaken and activate the rich array of human energy wisdom passion and purpose in your organization Revitalize your company Create and implement a plan for turning around and turning on even the most stuck operation Build sustainable growth and profitability Learn the secrets of corporate revitalization and apply them to achieve sustainable success Expand your leadership impact Build employee morale and commitment and help your people achieve big performance goals Inspire your people Increase your people s enthusiasm and confidence and turn your company into a high performing noble enterprise A must read for serious students and practitioners of leadership Ken Bardach associate dean and Charles and Joanna Knight Distinguished Director of Executive Programs Olin Business School Washington University in St Louis **American Book Publishing Record** ,2002 *Subject Guide to Books in Print* ,1991 **Lines of Thinking, Skills, Emotion, Creative Processes, Individual Differences and Teaching Thinking** K. J. Gilhooly,1990-02-02 Part of a two volume work taken from the proceedings of the International Conference on Thinking held at the University of Aberdeen in August 1988 this book explores current empirical and theoretical research in human thinking This volume particularly considers such complex processes as skilled thinking emotion and thought creative processes individual differences and teaching thinking The book has been organized into themes so that topics of increasing complexity are considered in the later sections of text **No Boundaries** James A. Tompkins,2000 **Awakening Earth** Duane Elgin,1993 Just as there are relatively distinct stages that characterize the development of an individual from infancy to early adulthood so too are there discernible stages in the development of our species as we move toward a planetary scale civilization Awakening Earth brings together views from science and spirituality East and West the practical and the visionary to present a compelling new picture of human evolution Based upon twenty years of research this book explores the human journey from the initial awakening of hunter gatherers roughly 35 000 years ago through the agrarian era and Industrial Revolution and then goes on to describe three additional stages of development essential for realizing our initial maturity as a global species civilization A disoriented world civilization faced with dwindling resources mounting pollution and exploding population is a recipe for ecological collapse and social anarchy It is imperative that the human family begin to make rapid and profound changes in how we live together on the Earth To accomplish this we must now ask ourselves fundamental questions Who are we What are we doing here Where are we going as a species Awakening Earth provides a catalyst for this conversation with its integrative vision and inspiring map of the journey toward a sustainable compassionate and creative future While not predicting a sudden new age of social enlightenment Awakening Earth does present the promising view that humanity is roughly halfway through seven major transformations in culture and consciousness required to build a planetary civilization

that can endure into the deep future BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved     Applications of Supercomputers in Engineering: Algorithms, computer systems and user experience C. A. Brebbia, Alexander Peters, 1989     **CAHPERD Journal Times** California Association for Health, Physical Education, Recreation and Dance, 1996     **Teams Work** Will Friedman, Jill Casner-Lotto, 2001     Motifs Don J. Feeney, 2001-02-28 Just as DNA determines the genetic makeup of every individual a motif determines individual bio psycho social emotional and spiritual behaviors and attitudes This epigenetic theory of individuality describes the motif as a unique artistry of organizing principles The author uses the concept of motif to explain physiology behavior and attitude and to show how each person has his or her own unique system of motifs that comprises the fabric of every level of personality Case studies exemplify the way in which motifs manifest the self and how the core personality is understood once the individual s motif is revealed Of interest to graduate students in psychology and clinicians and counselors in the field of humanistic and clinical psychology holistic medicine wellness and mind body healing psycho biology and spirituality this book will bring new understanding to personality and behavior studies     **New Realities** , 1989     **Personality Theories** Barbara Engler, 2003 This text is designed both to explain the major theories and to stimulate critical thinking about them Each chapter focuses on one theory or group of theories providing brief biographies that shed light on how the theories were formed     **Beneath the Mask** Christopher F. Monte, 1987     **Art as Revelation** Frank Avray Wilson, 1981     **Exceptional Human Experience** , 2000

*Foundations of Playwork* Fraser Brown, Chris Taylor, 2008 This book provides a holistic overview of contemporary play and playwork Straightforward and accessible it covers topics such as playwork identity play environments the role of the playworker values and ethics play and playwork theory and at the heart of the book a special chapter located at the cutting edge of 21st century play theory BOOK JACKET     *Catholic World* , 1971

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