

The Rise Of Superman Decoding The Science Of Ultimate Human Performance English Edition By Steven Kotler

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A razor-sharp analysis of how record-breaking exploits in extreme sport are redefining the limits of being human. Right now, more people are risking their lives for their sports than ever before in history. As Thomas Pynchon once put it in *Gravity's Rainbow*, 'it is not often that Death is told so clearly to f@%* off'. Over the past three decades, the bounds of the possible in action and adventure sports - from sky-diving to motocross to surfing and beyond - have been pushed farther and faster. A generation's worth of iconoclastic misfits have rewritten the rules of the feasible; not just raising the bar, but obliterating it altogether. Along the way, they have become a force pushing evolution relentlessly onward. In a thrilling narrative that draws on biology, psychology, and philosophy, Steven Kotler asks why, at the tail end of the 20th century and the early portion of the 21st, are we seeing such a multi-sport assault on reality? Did we somehow slip through a wormhole to another universe where gravity is optional and common sense obsolete? And where - if anywhere - do our actual limits lie?

Transcript of the rise of superman with steven kotler by lewis howes

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The rise of superman decoding the science of ultimate human performance kotler explores the frontier science of flow the rise of superman explains how these athletes are using flow to do the impossible and how we can use this information to radically accelerate performance in our own lives

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The rise of superman in 2014 kotler announced his next book the rise of superman decoding the science of ultimate human performance the book explores the state of consciousness known as flow an optimal state in which humans perform and feel their best

The rise of superman decoding the science of ultimate human performance by steven kotler over the past three decades the bounds of the possible in action and adventure sports from sky di. Add tags for the rise of superman decoding the science of ultimate human performance be the first similar items related subjects 3 extreme sports human physiology popular works human physiology confirm this request you may have already requested this item. The rise of superman unlocks the code of ultimate human performance bridging the gap between the extreme and the mainstream drawing on over 15 years of research including first hand reporting with dozens of top action and adventure athletes laird hamilton travis rice ian walsh danny way dean potter among many others rise explores the frontier science of flow an optimal state. As the author of the rise of superman and co founder of the flow genome project steven kotler is one of the world s leading experts on ultimate human flow is the source code of ultimate human.

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The rise of superman is a page turning game changing account of the secrets of ultimate human performance a must read for anyone interested in seriously raising the level of their game ray kurzweil director of engineering at google author of how to create a mind and the singularity is near

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I m ready to rise i picked up the rise of superman because i would like to spend more time in flow states i believe in hustling hard and hustling smart but i know that i don t actually spend that much time in flow flow states are a result of evolutionary psychology that drastically increases awareness of the world around us the book does a great job of illustrating flow state science by

The rise of superman is a page turning game changing account of the secrets of ultimate human performance a must read for anyone interested in seriously raising the level of their game ray kurzweil director of engineering at google author of how to create a mind and the singularity is near. Decoding the science of ultimate human performance the rise of superman by steven kotler the rise of superman examines the top performers in extreme sports in order to gain insight into how they use flow i e the transcendental experience of being in the zone to accomplish their amazing feats and connects the dots between the experience of flow and the neurology behind it. As the author of the rise of superman and co founder of the flow genome project steven kotler is one of the world's leading experts on ultimate human performance in this riveting talk he. The rise of superman decoding the science of ultimate human performance the rise of superman explains how these athletes are using flow to do the impossible and how we can use this information to radically accelerate performance in our own lives find out more.

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