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'The Rise of Superman: Decoding the Science of Ultimate ...

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.

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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 unlocks the code of ultimate human performance—bridging the gap between the extreme and the mainstream.

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Building a bridge between the extreme and the mainstream, 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 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

'The Rise of Superman: Decoding the Science of Ultimate Human Performance' by Steven Kotler. There's the rub. Flow has a "serious dark side," Kotler admits. It can be "volatile, unpredictable, and all-consuming." That craving can lead to risky, even lethal behavior. Many characters in this book are dead.

The Rise of Superman: Decoding the Science of Ultimate ...

The Rise of Superman Decoding The Science Of Ultimate Human Performance. About The Rise of Superman. 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 ...

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It is the one thing that breaks human limitations, that fuels the huge rise of record breaking attempts in all fields in the past few decades. And it's all hackable for everyone, including you and me, to be as close as humanly possible as a superman.

The Rise Of Superman Decoding

The Rise of Superman Quotes. Unless we invert this equation, much of our capacity for intrinsic motivation starts to shut down. We lose touch with our passion and become less than what we could be and that feeling never really goes away." ? Steven Kotler , The Rise of Superman: Decoding the Science of Ultimate Human Performance.

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About. 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 ...

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