

'This book reveals the ultimate secret to success in every field—integrated brain functioning. If you want to know how to be the very best you can be, then read this book.'

David Lynch, filmmaker

Excellence through Mind-Brain Development

The Secrets of World-Class Performers



A **Gower** Book



Harald S. Harung PhD and Frederick Travis PhD

Excellence Through Mind Brain Development The Secrets Of World Class Performers

David Kirk



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Excellence Through Mind-brain Development Harald S. Harung, 2015 *The Mind and Brain of Excellence the Secret of World-Class Performers* Harald S. Harung Frederick Tra, 2015-08-01 Everyone seeks to attain excellence and happiness yet world class performance is rare In *Excellence through Mind Brain Development The Secrets of World Class Performers* Dr Harald Harung and Dr Frederick Travis show that excellence in any profession or activity depends on the single variable of high mind brain development This research based book explains how with higher mind brain development knowledge and skills become more useful relationships more enriching and actions more effective Using the experiences of top performers like David Lynch Jerry Seinfeld Pel Sir Roger Bannister Billie Jean King Sir Alex Ferguson and Stephen Covey the authors show how people that excel have a much more orderly restfully alert and economic brain Discover the many benefits of higher mind brain development and how it can be easily attained Excellence through Mind-Brain Development Dr Frederick Travis, Dr Harald S Harung, 2015-10-28 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 **World-Class Brain** Harald S. Harung, Frederick Travis, 2025-05-30 This book tells the story of world class performers and offers an easy to read introduction to research showing that their brain function is different from the brains of average performers No surprise there But what is surprising is that regardless of whether these top performers are athletes musicians or CEOs their brains share one feature that makes them stand out more integrated functioning Their brains work in a more coherent relaxed wakeful and efficient way Other features these top performers have in common include intensely happy and fulfilling peak experiences and a greater moral sense Readers also learn how they too can effortlessly develop greater brain integration About the authors Dr Harald S Harung is an interdisciplinary peak performance researcher at Oslo Metropolitan University in Norway For many years he taught Leadership ethics and world class performance to classes of up to 500 students Harald

holds a Ph D from the University of Manchester and has worked as a researcher at Oxford University naval officer CEO of an engineering company and president of an international business college Dr Frederick Travis has been Director of the Center for Brain Consciousness and Cognition at Maharishi International University in the US since 1990 His work has focused on brain development from birth to adulthood higher states of consciousness and the effects of meditation experiences on the brain Fred and Harald were the first researchers in the world to find a brain basis of high performance

Consciousness-Based Leadership and Management, Volume 2 Anil K. Maheshwari, 2023-08-17 This two volume set examines the need for a consciousness based view of leadership which emphasizes universal human flourishing as opposed to a resource based view which focuses on sustaining a competitive advantage This approach is built around three main principles 1 Paradigm Consciousness is primary including complementary existence of opposites 2 Social Interpersonal focusing on empathy and compassion and 3 Individual experiencing Oneness and expressing creativity Volume Two is divided into two sections Each section offers a mix of qualitative and quantitative studies The first section focuses on consciousness based development of organizational capabilities such as ambidexterity flow and work life balance The second section is focused on organizational interventions such as reinvention meaning making well being and sustainability Aligning leadership practices with the notion of an unbounded consciousness this edited collection will extend literature on organizational culture leadership and sustainability contributing to solving the grand challenges facing humanity

Consciousness Is All There Is Dr. Tony Nader, 2024-08-06 NEW YORK TIMES AND USA TODAY BESTSELLER From a renowned Vedic scholar leader of the Maharishi Foundations and Harvard trained neuroscientist a radical new paradigm for understanding Consciousness and finding enlightenment peace and fulfillment Dr Tony Nader a renowned Vedic scholar and neuroscientist offers a direct path to peace for ourselves and our world that anyone can obtain simply by delving into our own Consciousness Dr Nader provides the methods tools and guidance for connecting with our authentic inner nature and understanding how Consciousness is the essence of all existence including addressing such fundamental questions as What is the key to a well lived flourishing life in which we can all coexist in peace Can freedom be compatible with law and order How can we meet all our challenges as individuals and a society including the environment genetic engineering and the rapid development of artificial intelligence True wellness is a state of profound clarity peace and contentment resulting from connection with our pure Consciousness By enlivening our coherence between our Consciousness and the external world we can find our happiest and highest states of ourselves Consciousness Is All There Is will open doors of perception for you to a new and profound understanding of life Marci Shimoff 1 New York Times best selling author of Chicken Soup for the Woman's Soul and Happy for No Reason **PracticeMind for Everyone** Hans Jensen, Oleksander Mycyk, 2024-05-07 PracticeMind for Everyone is a groundbreaking method book for all musicians that will transform your practice and performance Hans Jrgen Jensen and Oleksander Mycyk define a mental practice model for piano percussion brass wind and string players filling

the book with research backed practice techniques and methods that will dramatically improve your performance results The first section delves into the mental motivational and psychological aspects of learning Demystifying the powerful metacognitive learning cycle the second part of the book focuses on topics such as goal setting and practice planning The chapters focusing on implementation explore the active part of practicing and the proven techniques you can apply in your daily practice sessions The final section of this definitive guide to developing your practice mind encourages active listening feedback and evaluation of all steps of your musical journey PracticeMind for Everyone promotes a practice mindset that inspires greater motivation effectiveness and inspiration in all aspects of a musical life on and off the stage **English**
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