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He is the author of Your Brain at Work (HarperBusiness, 2009) and Quiet Leadership: Six Steps to Transforming Performance at Work (Collins, 2006). Resources John T. Cacioppo and William Patrick, Loneliness: Human Nature and the Need for Social Connection (W.W. Norton, 2008): A scientific look at the causes and effects of emotional isolation.

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GMT high performance mind mastering pdf - Anna Wise, author of The High-Performance Mind, has taught meditation and brain-wave development for three decades. She leads workshops, seminars, and corporate-training programs worldwide. She leads workshops, seminars, and corporate-training programs

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is the fundamental currency of high performance. In this Note, we’ll start with the 4 Principles of Full Engagement and then take a look at a handful of some of my favorite Big Ideas on how to get our Full Engagement on.

THE BIG IDEAS The Power of Full Engagement - Experience Life

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Anna Wise has innovated the complex use of "frequency scores", combining them with music to encourage deep meditation and a High Performance Mind. She collaborated with Dr. Andrew Weil and is the Frequency Composer on their CD Sound Body, Sound Mind: Music for Healing , as well as producing other CDs for meditation.

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The techniques outlined in the book are practical, easy, and innovative--they can help to "awaken" the mind and lead to a high-performance life. An appendix on meditation and a list of additional resources conclude the book.

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