



# Hyper-Performance

By Errol R Korn, George J Pratt

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Work is seductive. For some, it can even be addictive. Successful people often claim they love their work. But not everybody who works long hours shares this enthusiasm. The pressure to perform can create unnecessary, destructive stress and leave one physically and emotionally burned out. The difference between burnout and achievement lies in the ability to manage the pressure, the hours, the pace - in having the strength and mental toughness to make your job work for you. Where does this strength come from? The authors found the answer in their work with executives, managers and suprisingly, professional athletes. They discovered these groups share a number of key traits that enable them to withstand high-tension environments and remain focused on their objectives. More importantly, the authors discovered these traits can be developed and intensified. They call this level of mental fitness hyper- performance; and in this step-by-step program, they show you how to reach it. Hyper-Performance is a shape-up program for mental fitness that strengthens your mind's agility, resilience and staying power - and transforms destructive on-the-job stress into vital, creative energy. The foundation of Hyper-Performance is the AIM Superskills strategy. Based on techniques of imagery and relaxation used by top athletes, AIM is a point-by-point, systematic program you can use to achieve optimal performance. Using the AIM strategy, you will learn how to overcome the obstacles - both self-imposed and external - that keep you from performing at your best.

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## **Editorial Review**

### **About the Author**

Errol Korn, M.D. is a board certified specialist in internal medicine and gastroenterology. He is a clinical faculty member of the University of California, San Diego School of Medicine. Dr. Korn is a Fellow and Certified/Approved Consultant of the American Society of Clinical Hypnosis and Past President of the San Diego Society of Clinical Hypnosis. He is author of Visualization; The Uses of Imagery in the Health Professions; co-author of Imagery and Sports Performance, and a contributor to several other books. He has consulted with NASA, The Young Presidents Organization, and a wide range of national companies, organizations, and teams to enhance their performance. George J. Pratt, Ph.D. is a licensed clinical and consulting psychologist and for the past decade has served as Chairman of Psychology, Scripps Memorial Hospital in La Jolla, California. Dr. Pratt is a Fellow and Certified/Approved Consultant of the American Society of Clinical Hypnosis and Past President of the San Diego Society of Clinical Hypnosis. He has been in private practice for over thirty years specializing in performance enhancement, hypnosis, mind/body techniques and psychotherapy. He is on the faculty of the University of California, San Diego. His other books include Instant Emotional Healing: Acupressure for the Emotions and A Clinical Hypnosis Primer. Dr. Pratt works with Olympic Medalists, businesses, Academy Award and Grammy winners and individuals seeking to be their best. He has consulted with the Young Presidents Organization, Ken Blanchard and Anthony Robbins Companies, and has been a repeat guest on Larry King Live.

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