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human performance.

Drawing on over a
decade of research and
first-hand interviews
with dozens of top
action and adventure
sports athletes such as
big-wave legend Laird
Hamilton,
big-mountain
snowboarder Jeremy
Jones, and
skateboarding pioneer

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Danny Way, Kotler explores the frontier science of “flow,” an optimal state of consciousness where we perform and feel our best.

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October 20, 2015 by
Steven Kotler (Author)

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international
organization devoted
to decoding the peak
performance state of
flow, and the
cofounder of the New
Mexico-based Rancho
de Chihuahua dog
sanctuary. He has a BA
in English and creative
writing from the
University of Wisconsin
...

**Rise of Superman,
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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
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(Laird Hamilton, Travis

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**Superman: Decoding
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this groundbreaking
audiobook, New York
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author Steven Kotler
decodes the mystery of
ultimate human
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**The Rise Of
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The Science Of Ultimate ...

Beginning with the original comic book and ending with the 2011 Grounded storyline, these essays examine Superman's patriotic heroism during World War II, his increase in power in the early years of the Cold War, his death and resurrection at the end of the Cold War, and his recent dramatic reimagining.

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In 2014, Kotler
announced his next
book, The Rise of
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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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Steven Kotler - Wikipedia

In this groundbreaking book, New York Times –bestselling author Steven Kotler decodes the mystery of ultimate human performance. Drawing on over a decade of research and first-hand interviews with dozens of top action and adventure sports athletes such as big-wave legend Laird Hamilton,

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big-mountain snowboarder Jeremy Jones, and skateboarding pioneer Danny Way, Kotler explores the frontier science of “flow,” an optimal state of consciousness where we perform and feel our best.

Rise of Superman, The: Decoding the Science of Ultimate

...

— Steven Kotler, The

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of Ultimate Human
Performance. 3 likes.

Like "Once danger
becomes its own
reward, risk moves
from a threat to be
avoided to a challenge
to be risen toward."

The Rise of Superman Quotes by Steven Kotler

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SUPERMAN unlocks the
code of ultimate

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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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book on getting a basic
understanding of Flow
states and how to get

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there. Highly recommend it since it's much more approachable than the landmark book "Flow."

Steven Kotler **The Rise of Superman by Steven Kotler: Summary, Notes and ...**

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

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can use this Science
information to radically
accelerate
performance in our
own lives.
Steven Kotler

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The authors of the best-selling *Bold* and *The Rise of Superman* explore altered states of consciousness and how they can ignite

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passion, fuel creativity,
and accelerate
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problem solving, in this
Ultimate Human
groundbreaking book
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in the vein of Daniel
Pink's Drive and
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Steven Kotler ...**

As the author of The
Rise of Superman and
co-founder of the Flow
Genome Project,

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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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