

Stealing Fire How Silicon Valley The Navy Seals And Maverick Scientists Are Revolutionizing The Way We Live And Work English Edition By Steven Kotler Jamie Wheal

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National BestsellerCNBC and **Strategy + Business Best Business Book of the Year**"Steven and Jamie have done a wonderful job of balancing the promises, perils, and how-to prescriptions of engineering peak states such as 'flow.'" —Tim Ferriss, #1 *New York Times* best-selling author of *The 4-Hour Workweek*It's the biggest revolution you've never heard of, and it's hiding in plain sight. Over the past decade, Silicon Valley executives like Eric Schmidt and Elon Musk, Special Operators like the Navy SEALs and the Green Berets, and maverick scientists like Sasha Shulgin and Amy Cuddy have turned everything we thought we knew about high performance upside down. Instead of grit, better habits, or 10,000 hours, these trailblazers have found a surprising short cut. They're harnessing rare and controversial states of consciousness to solve critical challenges and outperform the competition. *New York Times* bestselling author Steven Kotler and high performance expert Jamie Wheal spent four years investigating the leading edges of this revolution—from the home of SEAL Team Six to the Googleplex, the Burning Man festival, Richard Branson's Necker Island, Red Bull's training center, Nike's innovation team, and the United Nations' Headquarters. And what they learned was stunning: In their own ways, with differing languages, techniques, and applications, every one of these groups has been quietly seeking the same thing: the boost in information and inspiration that altered states provide. Today, this revolution is spreading to the mainstream, fueling a *trillion* dollar underground economy and forcing us to rethink how we can all lead richer, more productive, more satisfying lives. Driven by four accelerating forces—psychology, neurobiology, technology and pharmacology—we are gaining access to and insights about some of the most contested and misunderstood terrain in history. *Stealing Fire* is a provocative examination of what's actually possible; a guidebook for anyone who wants to radically upgrade their life.

Imagine your best day Imagine the day that you were so in the moment and so ignited so alive and then try to make it every day That's what Steven Kotler and Jamie Wheal are trying to teach people how to do in Stealing Fire How Silicon Valley the Navy SEALs and Maverick Scientists Are Revolutionizing the Way

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