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Sommario/riassunto	Achieving High Performance describes the secrets of high performance and performance motivation, and shows readers how to motivate themselves, as well as others, to achieve high performance. Dr. Gerson provides several models, tools, and job aids to help readers understand themselves better, identify the requirements for high performance, and figure out the best and fastest ways to achieve those performance levels. Achieving High Performance also introduces several new concepts, such as Mega, Macro, and Micro levels of achievement; goal setting using SMARTER objectives; and the TOPS (Talent Optimization Performance System) approach to high performance. Dr. Gerson also recommends that in addition to determining the environmental and resource factors that go into a high performance approach, individuals and organizations should look closely at the performer him or herself by doing a performer analysis using a process he calls M.A.S.T.E.R.Y.