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Nota di contenuto	Introduction -- Chapter 1: The secret revealed: Integrated brain functioning -- Chapter 2: Brain integration in world-class athletes -- Chapter 3: Brain integration and moral development in topmanagers -- Chapter 4: Brain integration and peak experiences of musicians -- Chapter 5: A single value underlying performance -- Chapter 6: Understanding the details of integrated brainfunctioning -- Chapter 7: How to develop brain integration -- Chapter 8: How Transcendental Meditation develops brainintegration -- Chapter 9: Peak experiences and higher states of consciousness -- Chapter 10: From integrated brains to integrated organizations -- Chapter 11: From integrated brains to an integrated society -- Afterword -- References.
Sommario/riassunto	This book tells the story of world-class performers and offers an easy-to-read introduction to research showing that their brain function is different from the brains of average performers. No surprise there. But what is surprising is that regardless of whether these top performers are athletes, musicians, or CEOs, their brains share one feature that makes them stand out: more integrated functioning. Their brains work in a more coherent, relaxed, wakeful, and efficient way. Other features these top performers have in common include intensely happy and fulfilling peak experiences and a greater moral sense. Readers also learn how they, too, can effortlessly develop greater brain integration. About the authors: Dr. Harald S. Harung is an interdisciplinary peak performance researcher at Oslo Metropolitan University in Norway. For many years he taught "Leadership, ethics, and world-class

performance” to classes of up to 500 students. Harald holds a Ph.D. from the University of Manchester, and has worked as a researcher at Oxford University, naval officer, CEO of an engineering company, and president of an international business college. Dr. Frederick Travis has been Director of the Center for Brain, Consciousness, and Cognition at Maharishi International University in the US since 1990. His work has focused on brain development from birth to adulthood, higher states of consciousness, and the effects of meditation experiences on the brain. Fred and Harald were the first researchers in the world to find a brain basis of high performance. .
