

ADDITIONAL REVIEWS

“Peak Mind explains why training the brain is essential for focus, managing stress and increasing mental resilience, and how to do so for optimal performance. As a pioneer in the science of attention, Amishi Jha provides an invaluable guidebook for leaders to gain and sustain high performance over time, no matter your profession.” — Lieutenant General Edward Cardon Head of US Army Cyber Command (2013-2016)

*“Proven practices to take control of our focus and become our best selves. A must read for our distracted times.” — Daniel Goleman, author of #1 New York Times bestseller *Emotional Intelligence**

*“Thriving starts with our attention and what we do with it. In Peak Mind, Amishi Jha combines the science of attention with compelling stories from those in high stakes professions to show us all how to be more present in our lives so that we can unlock our full potential.” - Arianna Huffington, author of #1 New York Times Bestseller *Thrive**

*“For a while now I’ve thought of experiences we long for, like love and connection, as emergent properties of how we pay attention. Attention is the key factor in moving beyond just living mechanically into a life of clarity and joy. Dr. Jha brilliantly shows us how that can be so, offering a clear and useful path to paying attention differently.” - Sharon Salzberg, author of New York Times Bestseller, *Real Happiness**

“Peak Mind delivers crucial insights about the human mind along with practical, accessible tools to enhance it. With clarity and skill, Amishi Jha brings you into the lab to learn how attention works, why it's essential for well-being, and how it can be trained to reach your greatest potential. Required reading for our modern world!” - Wendy Hasenkamp, PhD, Science Director, Mind & Life Institute

*In Peak Mind, Amishi Jha offers a brilliant guide for training our attention with mindful awareness and maximizing our human potential. You will learn the science behind mindfulness, and well-researched strategies that promote resilience against stress, and increased mental focus, creativity, clarity and strength. The true gift is the capacity to be fully here—present and engaged in your relationships and your life. -Tara Brach, author of *Radical Acceptance**

“When every pitch, pass, shot, swing or second counts, regulating attention is the key mental skill to success. Dr. Jha’s work is a reminder that attention is a skill that must be trained if it is to hold up under pressure. To reach a mastery level, it must be trained often. Dr. Jha shows us how.” - Ben Freakley, Head of Mental Performance, Toronto Blue Jays