

To perform at your best in today's rapidly changing, high stress business environment, you need to be highly resilient, energised and mentally and emotionally fit. But how is this achieved?

This book shows you the most powerful and effective way to achieve this using the 4 Essentials to Maximise your Energy, Resilience and Performance: **Managing your Mind, Managing your Emotions, Managing your Fuel and Managing your Body.**

Learn the scientifically validated **Optimal Brain Technique** © which creates a peak performance brain state and a super focused mind in just 60 seconds (hence the book title).

Learn the **Emotional Balance Technique** © which eliminates psychological and emotional stress and blocks to success.

You will learn a practical 10 step plan that will teach you to:

- ☞ Create a highly resilient mind-set that thrives in times of immense change and volatility.
- ☞ Become more productive and effective under pressure without compromising your personal health and happiness.
- ☞ Program your mind for peak performance and make your business goals a reality.
- ☞ Create absolute belief in yourself and your abilities.
- ☞ Stop the afternoon energy slump and dramatically increase your physical energy, mental alertness and emotional balance.

“Chris’s techniques show you how to program your brain and body for top level performance”

Kazadi Kalangu – Brain Surgeon and Professor of Neurosurgery
Vice President of the World Federation of Neurosurgical Societies

“This book is a ‘must-read’ for people who want to perform at their best in today’s rapidly changing business climate”

Vlatka Hlupic – Professor of Business and Management
University of Westminster Business School



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Peak Performance in 60 Seconds

CHRIS WALTON MSc



Peak Performance in 60 Seconds



The 4 Essentials to Maximise Your Energy, Resilience and Performance.

CHRIS WALTON MSc

Also by the author:

GAMMA HEALING

Create the Peak Brain State and Eliminate Subconscious
Limiting Beliefs, Anxiety, Fear and Doubt in
Less than 5 Minutes

WHAT PEOPLE ARE SAYING:

“Gamma Healing is a wonderfully effective tool for personal growth, for it offers valuable insight for self-diagnosis, as well as a strategic plan to more effectively redefine the path of our evolutionary journey. I highly recommend Chris Walton’s inspiring book as a guide for experiencing a life overflowing with peace, happiness and love.”

Bruce H. Lipton, PhD, cell biologist and bestselling author of *“The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles”*

“In this really motivating, enjoyable and easy to read book Chris Walton shows you how to ‘program’ your brain-mind-body to create a successful life. It is cutting edge and is something we all need to know to help us live a happy and fulfilling life.”

Kazadi K.N. Kalangu, MD, Brain Surgeon and Professor of Neurosurgery

“Chris Walton has written an eye-opening, habit-challenging, life-enhancing book. It deserves to be a bestseller.”

Graham Hancock, bestselling author of *“Fingerprints of the Gods and Supernatural”*

“Out of hundreds of books on personal development I have read, this book stands out from all the others. It is transformational and totally inspiring.”

Vlatka Hlupic, *Professor of Business and Management, University of Westminster, London*

“If you want or need to create lasting and profound change in any area of your life use this book. In my 19 years in the field of personal development there have been many authors promising the holy grail of positive lasting change which are mainly based on outdated positive thinking and motivational techniques. This book stands out above them all, in my experience this is the only one that really delivers!”

Alec Grimsley, *bestselling author of “Vital Conversations, How to make the impossible conversation possible”*

“In 25 years of coaching professional athletes and executives in high performance mind techniques, Chris’s book simply takes things to a whole new level.”

Ole Bloch, *1980 Moscow Olympian*

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Introduction

**You can read and apply this book
in less than 60 minutes.**

IN TODAY'S FAST-PACED WORLD of competitive workplaces and relentless change, increasing your energy and resilience is essential to be able to perform at your best. This book shows you the most advanced and effective way to maximise your energy, resilience and mental and emotional fitness. You will learn a practical 10 step plan that you can apply immediately.

In Chapters 1-4 **Managing your Mind**, the *new* understanding of the power of your belief systems on your health, performance and success is explained. This is essential empowering knowledge that we all need to understand. You learn the different effects the conscious and subconscious mind has on your performance and I teach you **The Optimal Brain Technique®**.

The Optimal Brain Technique is scientifically validated to create a 'super focused mind state' and activate the 'genius centres' of the brain in just 60 seconds. This technique is the most advanced and effective way to achieve a heightened state of awareness, concentration and focused attention. It is ideal to use before meetings, presentations, pitches, important/difficult conversations, to become calm, centred and present and to program your subconscious mind with your professional and personal goals. The technique is also used for problem solving and as a rest and renewal meditation. Brain

activity has been measured when using The Optimal Brain Technique (and validated by brain surgeon and Professor of Neurosurgery, Kazadi Kalangu M.D. - Vice President of the World Federation of Neurosurgical Societies.) This technique creates the premium brain state and the more you use it, the more you are literally training yourself for peak performance states of mind known as *Flow* or *The Zone*.

In Chapters 5 & 6 **Managing your Emotions**, you learn that most of your emotional reactions are based on past experience associations stored in your subconscious mind. Think about it, if you were consciously choosing your emotions surely you would choose to feel calm, relaxed or some form of good all the time, but you can't!

Our emotional brain is one million times more active than our thinking brain, and this means that measuring, understanding and developing your emotional intelligence is absolutely essential to increase your energy, resilience and performance. You cannot become more resilient if your choices to current situations are based on emotional reactions from past experiences and associations. This is just one reason most people find change hard; emotions keep you fixed in a certain 'bandwidth' of behaviours and responses available to you. I show you how to change this 'bandwidth' and how to eliminate worry, doubt, fear, anxiety and any other psychological and emotional stress using the scientifically validated Emotional Balance Technique©. You can take the *Individual Effectiveness*™ profile which measures 16 key areas of emotional intelligence and then develop a set of practices and techniques to improve your self-awareness, self-management and your awareness and management of others.

In Chapter 7, **Managing your Fuel**, you learn the two most important physiological rules you have to follow with your nutrition to maximise your physical energy. You learn a simple 'post meal and snack test' to help you maintain a high performance state.

Chapter 8, **Managing your Body**, explains that human beings do not work like computers; doing more and more, faster and faster, running multiple programs for long periods of time in a continual linear progression. Our bodies work in 90 minute cycles of high output and focus followed by a need for renewal and recovery. Learning how to work with these cycles stops fatigue and burn out and boosts your energy and resilience on all levels, enhancing your creativity, productivity and performance.

Chapter 9 summarises **The 10 steps to maximise your energy, resilience and performance** and you can **start** the **30 day challenge**.

For more information:

Chris@ChrisWaltonUK.com

www.ChrisWaltonUK.com

+44 0207 751 9794

58 minutes left. Are you ready? Let's go...

Training Programme Testimonials

“We have used many training companies but more than any other I am consistently reminded by observations in employee behaviour that the investment with you is a key element in our change management process. There have also been examples of business wins that were a direct consequence of the mindset coaching and advice you had given them. This was demonstrated by our best ever business performance in Q4.”

Former CEO SAP UK

“It was totally invaluable to my personal life and professional success and I highly recommend it.”

Managing Director, The Pearl Group

“A year on from the training and we are still creating exceptional performance increases.”

Sales Director, formerly Tyco Healthcare

“This course always scores the highest feedback on our Leadership Development Programme.”

East Sussex NHS Trust

“Our performance improved 125% over 12 months.”

Managing Director, Kennet Life Insurance

“Within 6 weeks of the team completing the programme there was a 50% increase in new product sales.”

Regional Sales Director, Thomson Directories

