

The Breakout Principle How To Activate The Natural Trigger That Maximizes Creativity Athletic Performance Productivity And Personal Well Being

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[(The Breakout Principle: How to Activate the Natural ...
The key to the breakout is knowing not only how to back off, but when. If you keep pushing yourself when you feel stuck, stress hormones start to swamp your system, and your primitive brain (the deep core that drives your most basic life functions and rawest emotions) goes into overdrive.

Solving Your Problems - The Breakout Principle
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Principle #1: A Breakout begins with your natural power to maximize health, mental ability, and physical performance. Before a self-improvement program can work effectively, significant emotional roadblocks -- such as deep phobias, debilitating stress, or other emotional traumas -- must first be swept away.

The Breakout Principle: How to Activate the Natural ...
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THE BREAKOUT PRINCIPLE teaches you a simple yet powerful concept (called the "Breakout Principle") to help improve your life on a long-term basis. The book is clearly written, making it easy for the reader to grasp the principle and learn to put together his or her own personal breakout strategy.

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Would it surprise you to learn that to solve a seemingly unsolvable problem, you need to get up and leave the room? A walk in the woods will help you finish your novel? Humming can make you a better tennis player? Or completely giving up is the way to succeed? In The Breakout Princi...