



Dustin is a seventeen-year-old young man who finds out that his girlfriend, Sandy

The Door Is Open

Grace is Born

The New Science of Mid-Life Health for a Leaner, Stronger Body and a Sharper Mind

How Denver's Peak Academy Is Saving Millions of Dollars, Boosting Morale and Just Maybe Changing the World. and How You Can Too!

Rest Stop

Until Someone Gets Hurt

As Ruben Wells kneels with a gun pointed at his head all he can do is reflect on the life he spoiled. What has led him here? Was it his willingness to always try to do the right thing that has him staring at the barrel of a gun? Or was that he was too much of a people pleaser having a hard time saying no that has led to him begging for his life? Every thing begins and ends with a choice. The moment a choice is made it only takes a second for a life to change. Ruben made a choice to initiate a relationship with the alluring Bianca Jones. She makes heads turn and every man's dream. She is beautiful as a gazelle, but as dangerous as a lioness, as she's unavailable due to being unhappily married with children. Being married doesn't keep her from wanting to pursue Ruben as well as being pursued by him. Getting involved with Bianca changes Ruben's life in ways he never could have imagined. Choices are a gift constantly given to everyone. The choices made lead to different paths. We all have to choose this day what we're going to do with our own lives not knowing what the end result will be. What kind of impact will Ruben's choices have on his life?

New York Times Bestseller Bestselling author and peak performance expert Steven Kotler decodes the secrets of those elite performers—athletes, artists, scientists, CEOs and more—who have changed our definition of the possible, teaching us how we too can stretch far beyond our capabilities, making impossible dreams much more attainable for all of us. What does it take to accomplish the impossible? What does it take to shatter our limitations, exceed our expectations, and turn our biggest dreams into our most recent achievements? We are capable of so much more than we know—that's the message at the core of The Art of Impossible. Building upon cutting-edge neuroscience and over twenty years of research, bestselling author, peak performance expert and Executive Director of the Flow Research Collective, Steven Kotler lays out a blueprint for extreme performance improvement. If you want to aim high, here is the playbook to make it happen! Inspirational and aspirational, pragmatic and accessible, The Art of Impossible is a life-changing experience disguised as a how-to manual for peak performance that anyone can use to shoot for the stars . . . space-suit, not included.

Have you ever questioned life and wonder why you? Can you hear yourself saying, "Is there more to life than this?" I can identify this with you. Did you know? Our brain process approximately 70,000 thoughts on an average day. Often many wonder why so many give up and quit in life. In this book I will show you how to rise above mediocrity. No more settling for less than God's best and only fantasizing about your heart desires - Its time you Rise Above, Now.

Enjoy 20 limited-detail illustrations, designed for those who would rather keep it simple. Each page was hand-drawn and edited by K J Kraemer, with you in mind. If you don't want to spend days on a project or just want room to get creative, this adult coloring book is for you!

Secrets from the New Science of Expertise