



Unconscious: Unlocking the Zone for Extraordinary Performance (Paperback)

By J W Walker

J. W. Walker, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A journey into The Zone region. Science? Perhaps, Fiction? No, SUPER Natural? Yes! How could a 120 lb. woman lift an automobile? A 3 year old child prodigy read a book; or a 5 year old master the piano? A man who never went to college suddenly become a genius in geometry? An athlete, defy gravity? And some people instantly know things they never learned? Both UNCONSCIOUS and The Zone refer to the same phenomenon. Walker argues: these terms emphasize the involuntary aspect of these events: the individual is-in fact-not consciously controlling their performance. They are being carried to the level of their maximum performance potential. Throughout the book Walker argues that this phenomenon points to latent human potential, and is (like most of life) essentially involuntary: Although it appears in some cases to be triggered by the individual himself, giving hope to all who would desire access. If you find interesting, books like Gladwell's Blink and Outliers, ideas such as the unconscious mind, discussions on just how our brain's operate, and you're not afraid to consider spiritual as well as scientific explanations, then...



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