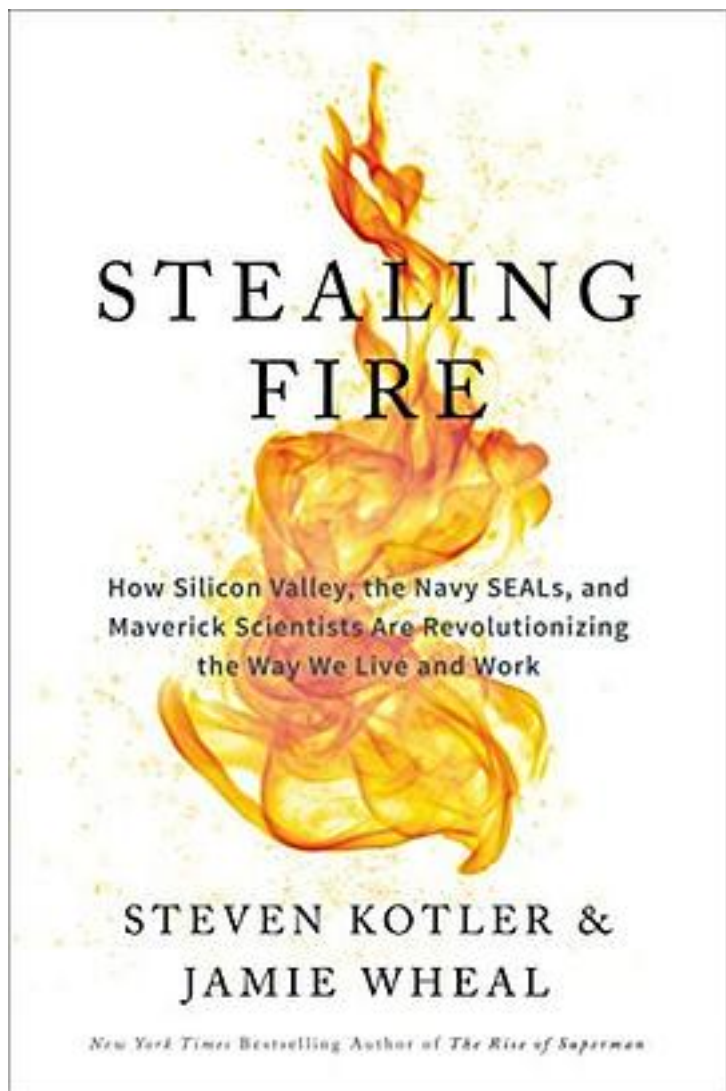# Stealing Fire

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著者:Steven Kotler

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"A mind-blowing tour along the path from sex and drugs to R&D." - Financial Times

It's the biggest revolution you've never heard of, and it's hiding in plain sight. Over the past decade, Silicon Valley executives like Eric Schmidt and Elon Musk, Special Operators like the Navy SEALs and the Green Berets, and maverick scientists like Sasha Shulgin and Amy Cuddy have turned everything we thought we knew about high performance upside down. Instead of grit, better habits, or 10,000 hours, these trailblazers have found a surprising short cut. They're harnessing rare and controversial states of consciousness to solve critical challenges and outperform the competition.

New York Times bestselling author Steven Kotler and high performance expert Jamie Wheal spent four years investigating the leading edges of this revolution—from the home of SEAL Team Six to the Googleplex, the Burning Man festival, Richard Branson's Necker Island, Red Bull's training center, Nike's innovation team, and the United Nations' Headquarters. And what they learned was stunning: In their own ways, with differing languages, techniques, and applications, every one of these groups has been quietly seeking the same thing: the boost in information and inspiration that altered states provide.

Today, this revolution is spreading to the mainstream, fueling a trillion dollar underground economy and forcing us to rethink how we can all lead richer, more productive, more satisfying lives. Driven by four accelerating forces—psychology, neurobiology, technology and pharmacology—we are gaining access to and insights about some of the most contested and misunderstood terrain in history. Stealing Fire is a provocative examination of what's actually possible; a guidebook for anyone who wants to radically upgrade their life.

作者介绍:

Steven Kotler is a New York Times bestselling author, award-winning journalist, and co-founder and director of research for the Flow Genome Project. His books include the non-fiction works "The Rise of Superman," "Abundance," "A Small Furry Prayer" "West of Jesus," and the novel "The Angle Quickest for Flight." His work has been translated into more than 30 languages. His articles have appeared in over 60 publications, including The New York Times Magazine, The Atlantic Monthly, Wired, GQ, Outside, Popular Science, Men's Journal and Discover.

He also writes "Far Frontiers," a blog about technology and innovation for Forbes.com and "The Playing Field," a blog about the science of sport and culture for PsychologyToday.com.

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