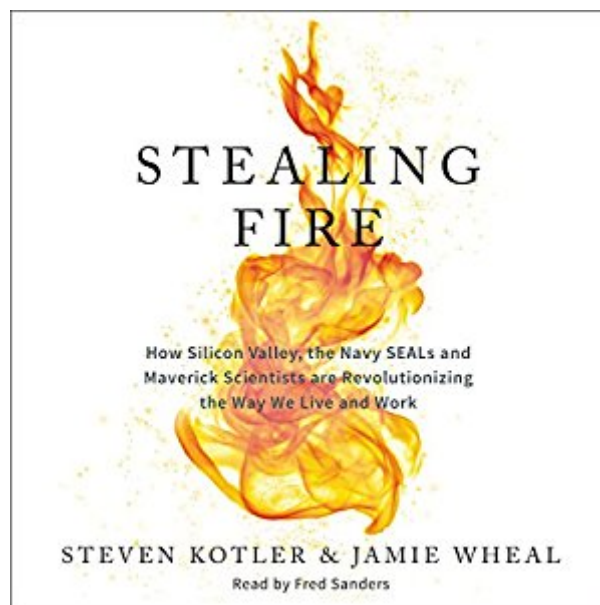


The book was found

Stealing Fire: How Silicon Valley, The Navy SEALs, And Maverick Scientists Are Revolutionizing The Way We Live And Work



Synopsis

The authors of the best-selling *Bold* and *The Rise of Superman* explore altered states of consciousness and how they can ignite passion, fuel creativity, and accelerate problem solving, in this groundbreaking book in the vein of Daniel Pink's *Drive* and Charles Duhigg's *Smarter Faster Better*. Why has generating "flow" and getting "into the zone" become the goal of the world's most elite organizations? Why are business moguls attending Burning Man? Why has meditation become a billion-dollar industry? Why are technology gurus turning to psychedelic drugs to unlock creativity? All of these people are seeking to shift their state of mind as a way of unlocking their true potential. Altered states, the authors reveal, sharpen our decision-making capabilities, unleash creativity, fuel cooperation, and let us tap in to levels of inspiration and innovation unavailable at all other times. *Stealing Fire* combines cutting-edge research and firsthand reporting to explore a revolution in human performance - a movement millions of people strong to harness and utilize some of the most misunderstood and controversial experiences in history. Building a bridge between the extreme and the mainstream, this groundbreaking and provocative book examines how the world's top performers - the Navy SEALs, Googlers, Fortune 100 CEOs - are using altered states to radically accelerate performance and massively improve their lives, and how we can, too. Ultimately, *Stealing Fire* is a book about profound possibility - about what is actually possible for ourselves and our species when we unlock the full potential of the human mind.

Book Information

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Customer Reviews

Absolutely invaluable! I recommend this book to anyone looking to stay up to date with some of our more recent discoveries in neuroscience and the consequences of those discoveries

Wonderful complete book to help us all get into a new level of consciousness, goal setting, development in our lives.

Better than anything I've ever read, this book makes a logical case for the altering normal mental state - through a variety of ecstatic experiences - and leaves the reader to decide - if they wish - which pathways forward call them....

I actually haven't finished it yet because just the first few chapters inspired me to enroll in their Flow Fundamentals 2.0 course which I am taking now and LOVING IT! So I highly recommend this book.

Expands on the FLOW State covered in "The Rise Of Superman" and ties together several other concepts.

To put it simply, this is one of the most inspiring and fascinating books I have read in a long time. As an indie author, musician, daily meditator, and adventure racer, I have spent much of my life in pursuit of these states, seeking the experiences, performance, and insights detailed in this book -- I have long recognize the value of these states, and this book does a fantastic job of exploring why I have found them so valuable, and why they're worth continuing to pursue. *Stealing Fire* is an inspired glimpse into a revolution--one that can not only shape our future and heighten our performance, but improve the quality of our lives in the process. The pursuit of ecstasis is not without its risks, and the authors present a compelling case for balance and discretion. For those on the quest, the insights provided here can help us make informed decisions as we weigh the risks and rewards involved in the diverse methods of achieving this state. *Stealing Fire* is not the first word on the subject, and it won't be the last -- but this well-researched, big picture look at the phenomenon of ecstasis and the cultural and technological forces driving the current revolution is well worth the read. If you're even remotely curious, I highly recommend this book.

Yeah 5 stars. I read it in one day on my Kindle. As others have said - its a page turner. Eminently readable, exhaustively researched, copious citations. Incredible validation of important, world changing, work being done.

Big eye opener! All I can say is ... wow. Loved it.

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