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switch that increases mental function, enhances creativity and productivity, maximizes athletic performance, and enriches spiritual life. The same internal mechanism that improves tennis serve or golf putt strengthens your speaking skills, makes you a better negotiator, and fosters inner peace and belief.

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extraordinary
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body states that support
expanded creativity. He
states that we can
achieve these highly
productive states by
following steps to sever

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prior thought patterns.

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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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discovery of an easy-to-access inner switch that increases mental function, enhances creativity and productivity, maximizes athletic performance, and enriches spiritual life. The same internal mechanism that improves a tennis serve or golf putt strengthens your speaking skills, makes you a better

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negotiator, and fosters
inner peace and belief.

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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

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effectively, significant emotional roadblocks -- such as deep phobias, debilitating stress, or other emotional traumas -- must first be swept away.

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Athletic Performance,
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**THE BREAKOUT
PRINCIPLE** teaches
you a simple yet
powerful concept
(called the "Breakout

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to learn that to solve a
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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?

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is the way to succeed?
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