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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Seven Ways to Access Peak Performance

By Susan Dunn

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1. Practice. Obviously if you want to learn to play the piano, you have to practice, but studies show that mental practice may be as important as physical practice. Visualize yourself performing the act you have in mind perfectly, and you'll come closer to it. Mental rehearsal can improve your self-confidence and your attitude toward what you want to do is very important.

2. Studies show that emotion plays a part in learning and memory. A basic example of this is touching a hot stove—it hurts, so you tend to learn it immediately and forever. Anxiety is another emotion that makes a difference, because if you're anxious you can't concentrate well. It stands to reason, therefore, that increasing your emotional intelligence (EQ)—your ability to handle your emotions and those of others—will affect your ability to learn and to perform.

Also learn to control your self-talk; it's crucial in your ability to learn and to perform. If you start out saying "I can't do this" or "I hate this" it's going to affect your ability to assimilate new information and to perform.

4. Strengthen your 'brain muscle' with exercise. Try HappyNeuron for some happy stimulation. Try new things. Work puzzles and mazes. Increase your reaction time.

Increase your flexibility by broadening into areas you aren't familiar with. Drive to work a new way. Dip into a field you know nothing about. Talk to someone you ordinarily wouldn't talk to. Learn a new language. 'You don't know what you don't know' so expand into those areas and find out what you really don't know.

Use it or lose it; your brain needs stimulation and new things. When you learn something new, you're actually forming new pathways. Give yourself plenty of "brain food." Take a course. Learn a new motor skill. Keep yourself out and about. Be open to trying and learning new things. Learning something new makes it easier to learn something new! And do the 'meta-practice'—practice adjusting to new things.

Get the right kind of stimulation from people, and the converse is also true -- some people provide a negative drag. Avoid them.

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Work out both sides of your brain. Traditional study will improve the left-brain—analytical, logical and reasoning. Music, art, poetry and myths will work out the right-brain. You need both, and you need good communication between the two.

5. Use music. We've all heard about the "Mozart effect." The validity of listening to Mozart hasn't exactly been proven, but we do know that music can soothe us (new age) and hype us up (rap). Experiment! It's certainly good for the right-brain.

6. Certain drugs can increase oxygen flow to the brain and/or increase blood flow, but they should be used judiciously as some can be harmful or lethal. The results still aren't in yet on St. John's Wort for depression, or ginkgo biloba for Alzheimer's disease. Stay up on the research and check it out.

7. Practice extreme self-care. What you eat and how you exercise affect your brain just as they affect every other organ in your body. We know that aerobic exercise can improve scores on some types of creativity tests. It will also, of course, improve your self-confidence to exercise, eat right and be in top shape. Build up reserves of energy and get enough sleep. Give your brain a break!

Remember that it works if you work it.

Susan Dunn, M.A., Clinical Psychology, is a personal and professional development coach specializing in emotional intelligence. Email her for her free ezine.

When Is The Best Time To Visit Cancun?

By Noel Gomez

Cancun is a very popular vacation destination for all ages. Most would define traveling off-peak as "traveling outside rush-hours to avoid overcrowding in public means of transport." This sounds all too simple and as we might expect – easier said than done. If you love to be around other tourists than I recommend any time of the year to visit Mexico.

By traveling off-peak, not only will you get cheaper flights and accommodations. You will also gain a different perspective on travel – especially the added advantage of enjoying your dream destinations without huddling with the masses of tourists during holidays.

And did you know that traveling off-peak means traveling during holidays (not before or after) when airfares are lower and there's less road traffic?

Best Times To Travel

For both air and car travel, avoid the crowds by traveling during the week, especially from Tuesday through Thursday. An added bonus is that airfares for travel Tuesday through Thursday are usually cheaper.

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Mid-morning and late afternoon flights tend to be less crowded, plus you can really avoid commute traffic during this time. This site also offers the load on late-night flights (also known as red-eye flights for obvious reasons): these flights can help you avoid traffic but it's only effective if you can sleep sitting up-right on a plane!

Some of the most affordable Cancun travel deals of the year can be found in the fall. If you happen to find nonresistable super offer during off-peak dates that fall between major holidays, don't waste time. Book immediately with your discount travel agent. Never hesitate!

Traveling off-peak to Cancun during the North American winter months rather than during summer is very popular. You might say what's the point in going to Mexico in winter when you're going there to savor the beaches? But the fact is, there is hardly such a thing as winter in the Mexico as it stays warm most of the year. In fact, it's not a good idea to fly there during the peak season (I.e., summer months) as this is the period when the hurricanes usually come.

It also helps to subscribe to online newsletters of discount air travel agents such as Travelocity or Expedia. By having yourself included in these companies' mailing list, you can get your hands on off-peak travel promotions faster than those who didn't. So you see, it's not just the air miles!

Finally, book your flight early to secure the most gains from traveling off-peak. One year's planning can certainly help you reap the reward of the cheapest airfares possible! On the other hand, booking last minute can also have its rewards. If you're the kind who can leave at a moment's notice, you can save a lot from last-minute flights and accommodations. After all, most airlines and hotels would rather greatly discount their seats and rooms than leave them empty!

Please visit my website at:

. For more tips please visit [cancun](#)

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