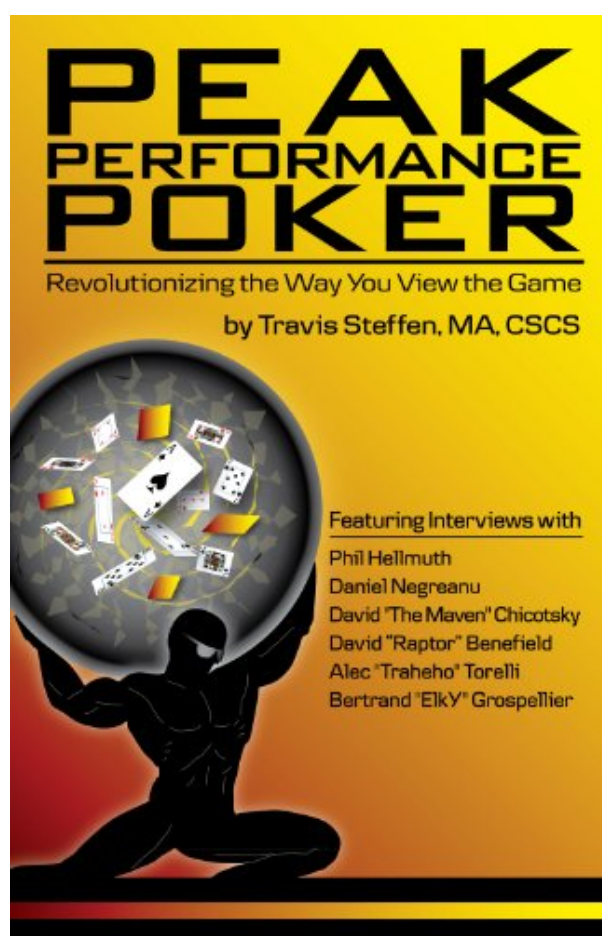


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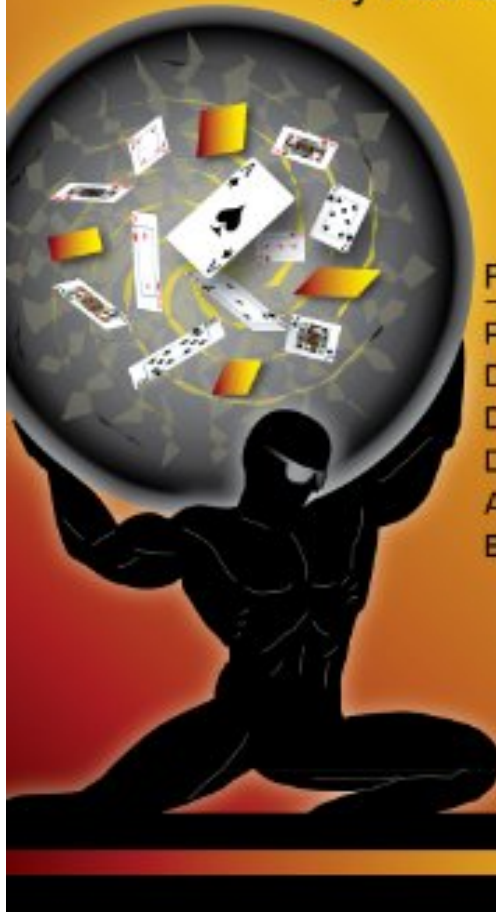
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PEAK PERFORMANCE POKER

Revolutionizing the Way You View the Game

by Travis Steffen, MA, CSCS



Featuring Interviews with

Phil Hellmuth

Daniel Negreanu

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About the Author

Travis Steffen is an avid poker player, strength coach and professional mixed martial artist from Iowa. He received his master's degree in exercise science from the University of Northern Iowa in 2010, and has been an active fitness professional for five years, helping numerous collegiate and professional athletes, high-level mixed martial artists and poker pros achieve peak performance in their respective sports.

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The days of smoke filled rooms, whiskey, cheeseburgers and late nights are gone. The new-school poker players are younger, leaner, and more focused on improving their physical and mental health and they're crushing the games. Daniel Negreanu A NEW ERA OF POKER IS DAWNING... As a poker player, you have a great deal in common with today's professional athletes: You've dedicated serious time to learning the fundamentals; you practice regularly; you strive to improve by analyzing every move; you use psychology to hone your winning edge and, if you don't take care of yourself both mentally and physically, you'll lose your winning edge... CAN YOU COMPETE WITH THE BEST? Learning to treat poker like the competitive endeavor it is and yourself like the sportsperson you are will give you the best chance at success every time you play. Packed with solid research and feedback from top pros, PEAK PERFORMANCE POKER will show you how to prepare your body and your mind to achieve optimal results during that next big tournament or cash game. Being in peak physical condition sharpens every aspect of your play, whereas poor diet and neglect of your emotional life undermine your game at every turn. Just ask Daniel Negreanu, Phil Hellmuth, and the other top pros featured in this book, all of whom understand crucial aspects of PEAK PERFORMANCE POKER, including: - Flow what it means to top athletes and why it's equally important to you - Chips on the table, not on your plate eating right to improve your game - Taking it easy how essential rest and recovery really are - Getting psyched applying sports psychology to help you win - Time management the benefits of balancing poker with the rest of your life The modern poker table is the domain of smart, fit, healthy competitors; let PEAK PERFORMANCE POKER seat you with the best of them.

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Meh...

By Scott

I knew getting into this book that this was not going to teach me anything about how to play cards. I understood that and am fine with it. I've been playing for over 10 years and am past those books. It's basically just a healthy lifestyle/work-out book and seems the author just puts the words "to improve your poker game" at the end of every chapter. I was expecting much more than what I got. The stuff in the book makes sense but makes "common sense" at the same time. If you're looking for a way to get healthy, buying a nutrition and healthy lifestyle book would be no different than buying this book. Just this book gives you quotes from Daniel Negreanu about how he's a vegetarian... wooptie doo.

0 of 0 people found the following review helpful.

"Peak Performance (fill in the blank)" would be a better title...

By BigJayT

At first I was a bit dismayed that this book was not really about poker. But as I got into the book, it made more and more sense. It became clear to me that the book could be applied to nearly any pursuit that required optimal brain functioning and indeed stamina.

Chapters and information on proper nutrition, exercise, supplements and mind conditioning made perfect sense, especially when I thought about my results and issues I had been having during extended hours of playing tournament poker. I found this book a very good addition to my library of poker books, despite having barely a paragraph about the game. Shuffle up and deal! My head will be "in the game" far more often since reading this book.

0 of 0 people found the following review helpful.

Achieving flow to reach the zone through body, mind and spirit alignment

By Heinlein fan

This isn't a strategy book. It helps you achieve your highest potential by improving your health, fitness, relaxation, meditation, nutrition so you can use the strategies you already know to the fullest potential by thinking clearly and staying in balance with all facets of your life.

Recommend for serious poker players who want to perform at their best.

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