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simple instructions to activate a powerful

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biological trigger that converts conflict and confusion into clarity and extraordinary performance, a state athletes refer to as "the zone."

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Benson provides a solid background on the physiology of mind-body states that support expanded creativity. He states that we can achieve these highly productive states by following steps to sever prior thought patterns.

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The key to the breakout is knowing not only how to back off, but when. If you keep pushing yourself when you feel

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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.

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Now The Breakout Principle reports the 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,

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Principle #1: A Breakout begins with your natural power to maximize health, mental ability, and physical performance. Before

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a self-improvement program can work effectively, significant emotional roadblocks -- such as deep phobias, debilitating stress, or other emotional traumas -- must first be swept away.

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THE BREAKOUT PRINCIPLE teaches you a simple yet powerful concept (called the "Breakout Principle") to help improve your life on a long-term basis. The book is clearly written, making it easy for the reader to grasp the principle and learn to put together his or her own personal breakout strategy.

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The "Breakout Principle" incorporates all the benefits of the "Relaxation Response" but moves beyond its understanding and

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applications including cardiovascular and
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