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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Mari Huhtanen (illustrator). Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Better life, better performance: from Formula 1 to Fortune 500 Exponential is a deep-dive into the science of human high performance, bridging the gap from theory to practice. Every new era has brought challenges and opportunities, requiring humans to adapt and grow, but in contrast to the linear transformations of the past, we are experiencing exponential change. What skills will you require to thrive in the fourth industrial revolution? Are you performing at your full potential? When was the last time you stepped back to consider how you live and work? What if you could maintain your current level of performance, but vastly increase your reserves of energy and time? James Hewitt, Hintsa Performance Head of Science Innovation, and Dr. Aki Hintsa, legendary Formula 1 doctor and mentor, reveal the stories and science that have played a pivotal role in 11 Formula 1 world championships as well as the transformative work of Hintsa Performance with executives in leading global companies. Exponential includes deeply researched content, brought to life with stories and interviews including Two-Time Formula One World Champion, Mika Hakkinen, programmer, teacher and children's writer, Linda Liukas, Face-Transplant Surgeon, Jyrki Tornwall, President, UBS Wealth Management, Jurg Zeltner, Cancer specialist and sports doctor, Ralph Braun, Olympian and multiple world-champion masters cyclist Geoff Cooke and Alexander Stubb, Former Prime Minister of Finland and Parliamentarian. If we take time to look beneath the surface of what it means to be human, and focus our attention and energy where we can have the biggest impact, the results on our life and performance can be exponential.



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