



Peak Vitality: Raising the Threshold of Abundance in Our Material, Spiritual and Emotional Lives

Jeanne House

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We often strive for our peak of accomplishment: peak health, peak wealth, peak performance. The idea for this anthology came from a further question that is both simple but provocative: "What if we could exceed the upper limits of our performance?" What would happen if, rather than focusing on being physically well, we imagined ourselves physically vibrant? What would happen if rather than seeking 100% of the good that might come to us, we pushed past our boundaries, and pictured what 112% might look like? What would happen if we took our upper limits of vision as a baseline, rather than a ceiling? Could we be happier, more abundant, and healthier than our wildest dreams? That's what Peak Vitality is all about. It calls us to examine the thresholds of our thinking, feeling and experiencing then go beyond what we believe we're capable of. Includes chapters from bestselling authors such as Wayne Dyer, Christiane Northrup, Candace Pert, Deepak Chopra, Julia Cameron, Riane Eisler, Dean Ornish, and many more!

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