

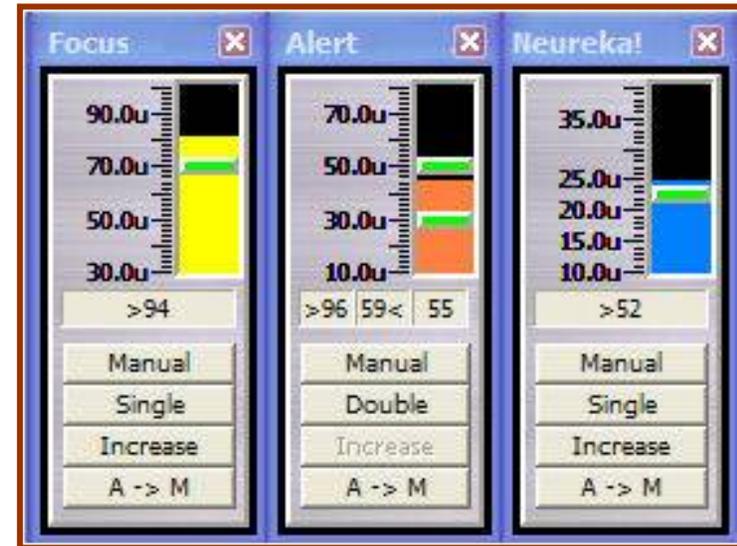
The Peak Achievement Trainer Measures and Trains Three Fundamental Dimensions of Mental Processing

Focus: 'Single-pointedness' of concentration on a perception, thought, or image.

- Detects single-pointed focus on anything.
- It decreases with distraction.
- You can be relaxed, very alert, or in-between.
- It is relatively easy to sustain.
- The duration of a focusing “run” is a measure of attention span.

Alertness: Results from mental effort or interest in events.

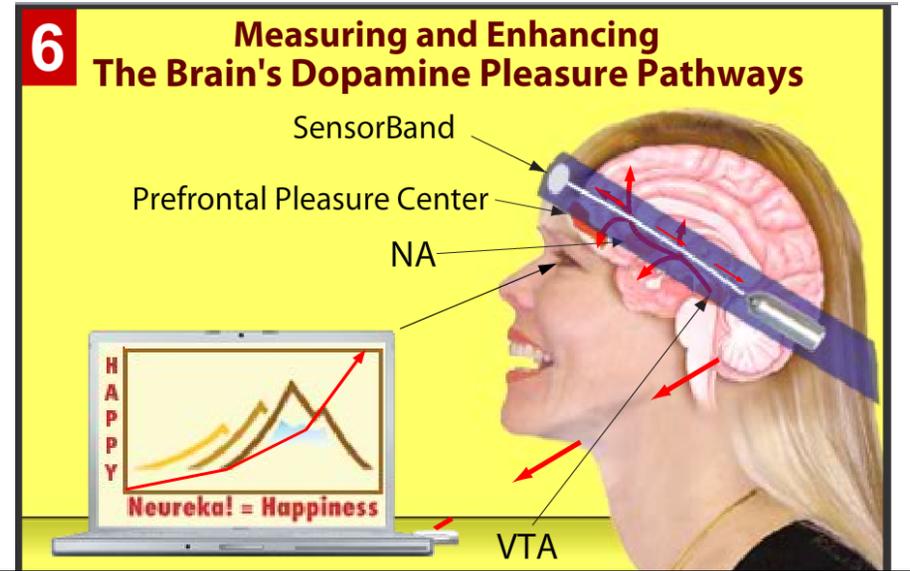
- More intense stimulation, “on the edge”, excitement.
- Summoning the resources to respond.
- Associated with tightening muscles, chest breathing, tension and/or anxiety.
- Sustaining it can be stressful and fatiguing.
- Related to arousal of the Reticular Activating System.
- “Fight or Flight”: Probably due to adrenalin secretion.
- To develop peak performance, you need to build this capacity by training and minimize its utilization.
- Chronic underarousal is associated with Attention Deficit Hyperactivity Disorder.
- **Lowering it enhances calmness and relaxation.**



Experiencing and understanding these Three Fundamental Dimensions of Mental Processing is essential for training peak mental performance.

Neureka!: New discoveries make you feel more aware, happy, and satisfied, while they enhance your learning and memory.

- Feels like really waking up—“Aha!”
- Sensitive to moments of discovery—“What did I just do right? I want to remember it.”
- It is a clarification of the gamma EEG rhythm involved in memory and learning. Training it improves memory and attention.
- It stimulates the Prefrontal Pleasure Center to reward you for learning something new. This is a part of the brain’s dopamine pleasure system, shown at the right, which also includes deep brain nuclei (NA and VTA) and tracts that connect them (all shown in red).
- Research demonstrates that it is strongly associated with feelings of happiness, satisfaction, anticipation of good events, love, gratitude, peace, and lowered stress.



You can learn to sustain and enhance these really pleasurable feelings!
By looking at the display as it gets larger, you can see how intense your happiness is, and learn to enlarge the picture further, so that your happiness increases.

The deluxe edition of the Peak Achievement Trainer, the **Peak BrainHappiness Trainer**, can measure and enhance all three of the Fundamental Dimensions of Mental Processing:

Focus, Alertness, and Neureka!

Research suggests that Neureka! is similar to the brain state of advanced meditators, who can access it more powerfully. The **Peak BrainHappiness Trainer** now includes **The MeditAider Protocol**, a special training tool for meditators who are having trouble staying where they want to be.

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The Peak Achievement Trainer is an educational instrument.

It is not intended to treat or diagnose any disease or disorder and not for clinical use.