

Advance Praise for **HUMAN PERFORMANCE OPTIMIZATION**

"In the highly competitive twenty-first-century workplace, organizations of all types must do a better job of selecting, training, and developing people to perform at their best. *Human Performance Optimization* is an essential read for those who desire to learn more on how to achieve this goal."

—General Lloyd J. Austin III, US Army (Retired),  
12th Commander of US Central Command

"When it comes to human performance, what is possible? The answer to this question has evolved over recent decades as science and its applications race ahead, always proving our prior assumptions to be limited. In this volume, leading scientists tell us what we know today and point out what is yet to be discovered. Essential reading for anyone interested in optimizing performance, both in and outside of the military."

—Angela Duckworth, CEO of the Character Lab  
and bestselling author of *Grit*

**HUMAN PERFORMANCE OPTIMIZATION:** *The Science and Ethics of Enhancing Human Capabilities* explores current and emerging strategies for enhancing individual and team performance, especially in high-stakes, stressful settings such as the military, law enforcement, firefighting, or competitive corporate settings. Taking a cognitive neuroscience perspective, scientifically grounded approaches to optimizing human performance are explored in depth.

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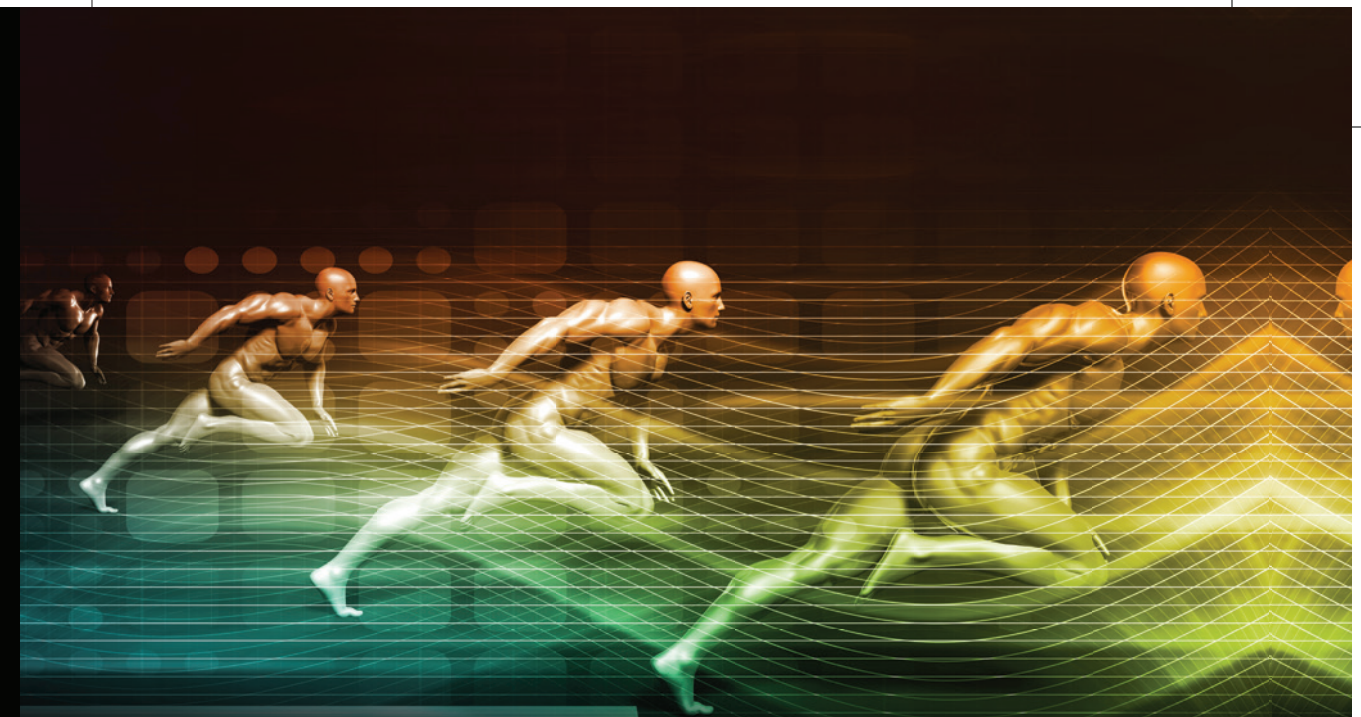
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Matthews  
and Schnyer

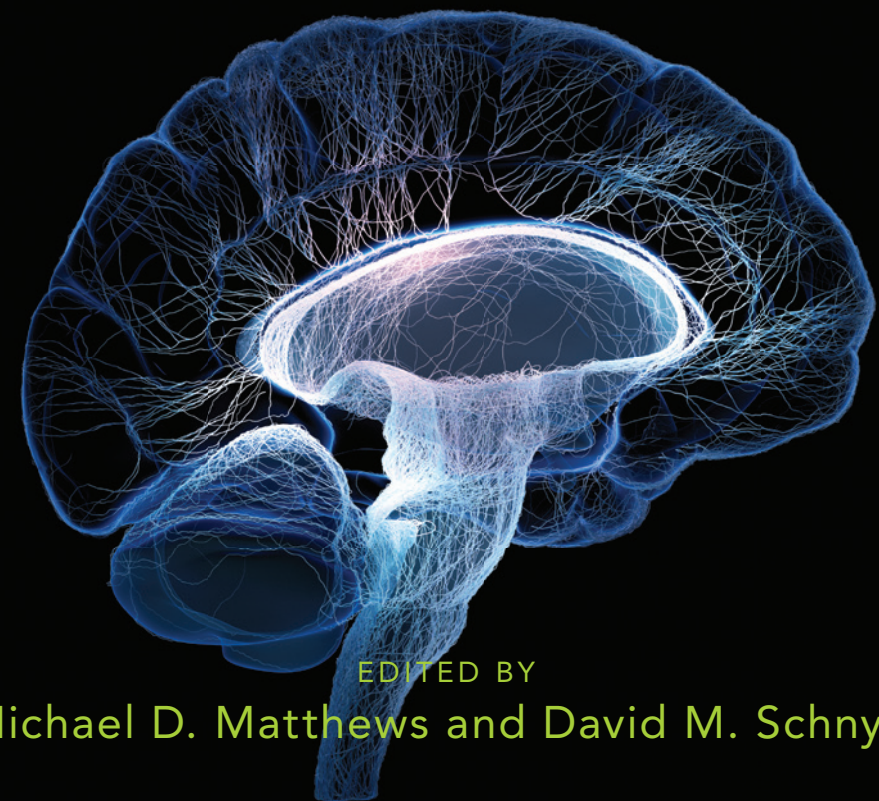
Human Performance Optimization

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# Human Performance Optimization

The Science and Ethics of Enhancing Human Capabilities



EDITED BY  
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