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- The Rise of Superman, page x After studying top action sports athletes for over a decade and conducting extensive research on human performance for over twenty years, Steven Kotler, the award-winning journalist and New York Times bestselling author of The Rise of Superman, has gained insights about the elusive state of consciousness (flow) that athletes use to perform at the highest of levels.

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The Rise of Superman: Decoding the Science of Ultimate Human Performance 5 out of 5 based on 0 ratings. 3 reviews.

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The Rise of Superman: Decoding the Science of Ultimate Human Performance by Steven Kotler is all about Flow States aka being in the zone. The actual book is about high performance athletes (skiers, rock climbers, kayakers, surfers, skateboarders, base jumpers, etc), but it's not written in an exclusionary way.

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The Rise of Superman flowgenomeproject.com

The Rise of Superman is an electrifying book about a potent state of mind. If you aren't inspired to brainhack your way up to the next level, start again at page one.

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