



# Peak Performance Principles for High Achievers

*John R. Noe*

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# Peak Performance Principles for High Achievers

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## **Peak Performance Principles for High Achievers** John R. Noe

This revised edition of Peak Performance Principles for High Achievers is Noe's dynamic and updated story of how he transformed himself, sedentary and outofshape in his midthirties, into a dynamic leader, and how you can too. John Noe uses his mountainclimbing adventures as an allegory for the challenge of goal setting and the thrill of high achievement. Noe shows you how to choose accurate goals, how to reach them, how to remain committed to the accomplishment of a goal whether earthly or spiritual, and how to become a high achiever.

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