



High Performance Habits: How Extraordinary People Become That Way

By Brendon Burchard



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THESE SIX HABITS WILL MAKE YOU EXTRAORDINARY.

After extensive original research and a decade as the world's highest-paid performance coach, Brendon Burchard finally reveals the most effective habits for reaching long-term success. Based on one of the largest surveys ever conducted on high performers, it turns out that just six habits move the needle the most in helping you succeed. Adopt these six habits, and you win. Neglect them, and life is a never-ending struggle.

We all want to be high performing in every area of our lives. But how? Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. This book is about the art and science of how to practice these proven habits.

If you do adopt any new habits to succeed faster, choose the habits in this book. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers.

Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now.

HIGH PERFORMANCE HABITS is a science-backed, heart-centered plan to living a better quality of life. Best of all, you can measure your progress. A link to a professional assessment is included in the book for free.



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Editorial Review

About the Author

BRENDON BURCHARD is the world's leading high performance coach and one of the most watched, quoted, and followed personal development trainers in history. *SUCCESS* magazine and *O, The Oprah Magazine* have both named him one of the most influential leaders in personal growth and achievement. He has trained and certified more people on the topic of high performance than anyone in the world.

Brendon is a #1 *New York Times*, #1 *USA TODAY*, and #1 *Wall Street Journal* best-selling author, whose books include *The Motivation Manifesto*, *The Charge*, *The Millionaire Messenger*, and *Life's Golden Ticket*.

An early pioneer in online education, Brendon's personal development videos have now been viewed over 100,000,000 times. More than 1.6 million people have taken his online courses or video series. He is also a Top 100 Most Followed Public Figure on Facebook and the star of the most watched self-help show on YouTube. For these results, Oprah.com named him "one of the most successful online trainers in history."

As CEO of the High Performance Institute, Brendon leads a team of coaches, creators, and researchers whose mission is to help people create and enjoy extraordinary lives. He travels the globe speaking, and serves as the lead trainer at High Performance Academy and an Innovation Board member at XPRIZE.

Meet him at Brendon.com.

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Erik Herrera:

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