



# Power of Peak Performance : Discovering Your Missing Link

Darlene Barton



Are you ready to tap into the power of peak performance? Are you willing to explore your self-defeating habits? Would you like to identify what is holding you back? Peak Performance Coach, Darleen Barton uses a variety of tools and models to help her clients discover their missing link to tapping the power of peak performance. In this 160 page book, she shares 16 chapters of practical ideas, models and methods to help you...\* reignite your passions \* decide who you want on your tribal bench \* reactivate the dreams you forgot about \* redefine the work you do and the results you achieve

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