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FROM DR. DON GREENE

Before, during, and after the recent pandemic I researched and wrote extensively about unforced errors and peak functioning by musicians and athletes. It was more than 20 years since I wrote my last books on optimal performance. I wanted to bring my ideas up to date with what I had discovered over those years working with elite performers and competitors.

When I started the book, I foolishly thought that I could finish in a month or so. My intent was to write every day as if I was coaching a musician for four weeks before a big audition. I had done that hundreds of times before. I just needed to write it progressively every day for a month. Then it would be done and I could publish it, or so I thought.

As I was writing about certain subjects, like peak experiences and flow states, I reviewed the work of masters, like Drs. Abraham Maslow and Mihaly Csikszentmihalyi. I delved into Professor Joseph Campbell's books like *Hero with a Thousand Faces* and *The Hero's Journey*, which George Lucas turned into *Star Wars*. Dr. Carl Jung's unique model of the mind helped me understand why even highly talented and trained people made unforced errors and costly mistakes, often at the worst possible times, like the finals at an audition or at the Olympics. I had witnessed it too many times, but now I thought I had finally figured it out.

I began using the new ideas with several of my clients. They were all aware of my previous approach and strategies, but not the new stuff. I was grappling with putting it into a cohesive and effective system that made sense. And a program that my clients would actually do. One of the first who did was Dylan, a highly respected studio musician in LA who was preparing for an audition for the Hollywood Bowl Orchestra. It was about a month away. He unfortunately had a history of making it to the finals at auditions, but never winning a big one.

He was very interested to learn about my new program. I told him about the hero's journey and that it would be very challenging. That was coming from a former Army Ranger and Green Beret. I explained Jung's theories and what kept most people from realizing their full potential, especially in consequential situations. It took some strong convincing before he was willing to consciously confront the real reasons for his failures. However, once he did and completed the hero's training, he achieved peak functioning for the first time in his career. He won the audition. After that, he signed up for an orchestral audition in Minnesota, even though he wasn't interested in moving there. He just wanted to see if he could win another one with the new program. He did and then turned it down.

Once I got the program down on paper, I had it reviewed by several respected colleagues. They all agreed with the progressive ideas, but said the writing was too academic. It needed life. They suggested adding real people, like Dylan, who would be willing to share their stories. That would involve issues of confidentiality. I would need to get their permission. But Dylan promptly agreed and so did several of my other clients. They would need to be interviewed by someone and their comments edited. That added another year to the project, but it really helped convey others' personal struggles in their own inspirational journeys to succeed.

These folks included musicians, dancers, golfers, entrepreneurs, and standardized test takers. 8 Time Olympic diving coach, Dr. Ron O'Brien, also added his thoughts on his success formula and creating peak performance. Olympic champion Greg Louganis also shared his amazing success story. He is a real hero who battled through years of tragic adversity to become one of the world's best athletes with 4 gold medals.

It ultimately took three years to complete [Train Your Own Hero: Reach Peak Functioning in One Month or 21 Steps](#). It came out last month on Amazon. It has already achieved International Best Seller status in several categories in the US, Canada, England, Spain, Australia, Germany, Mexico, France, Denmark, and the Netherlands. I hope you enjoy it. I will begin working on the audio book soon.

TrainYourOwnHero.com

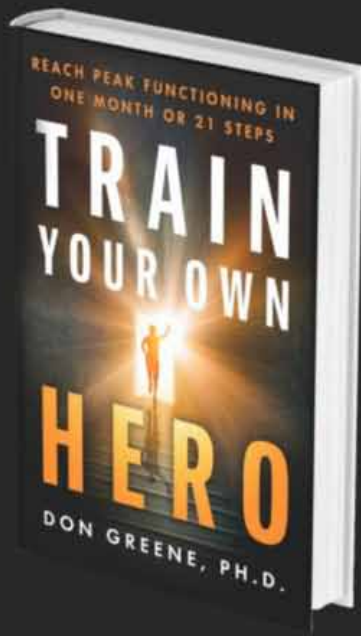
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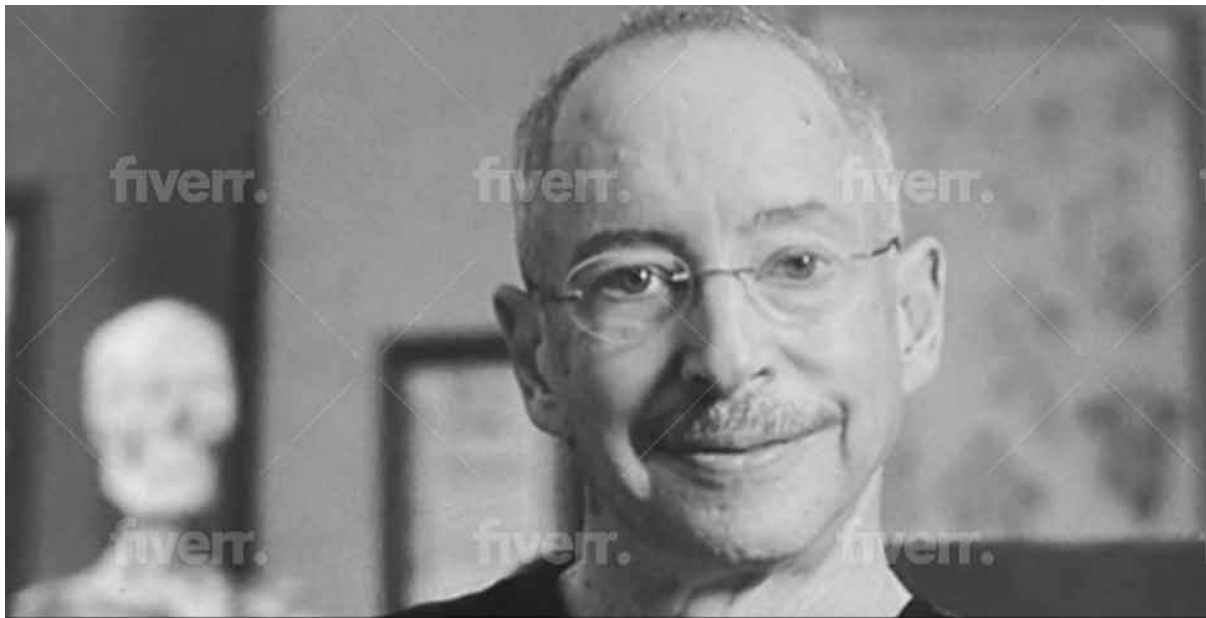


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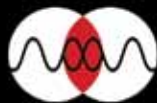
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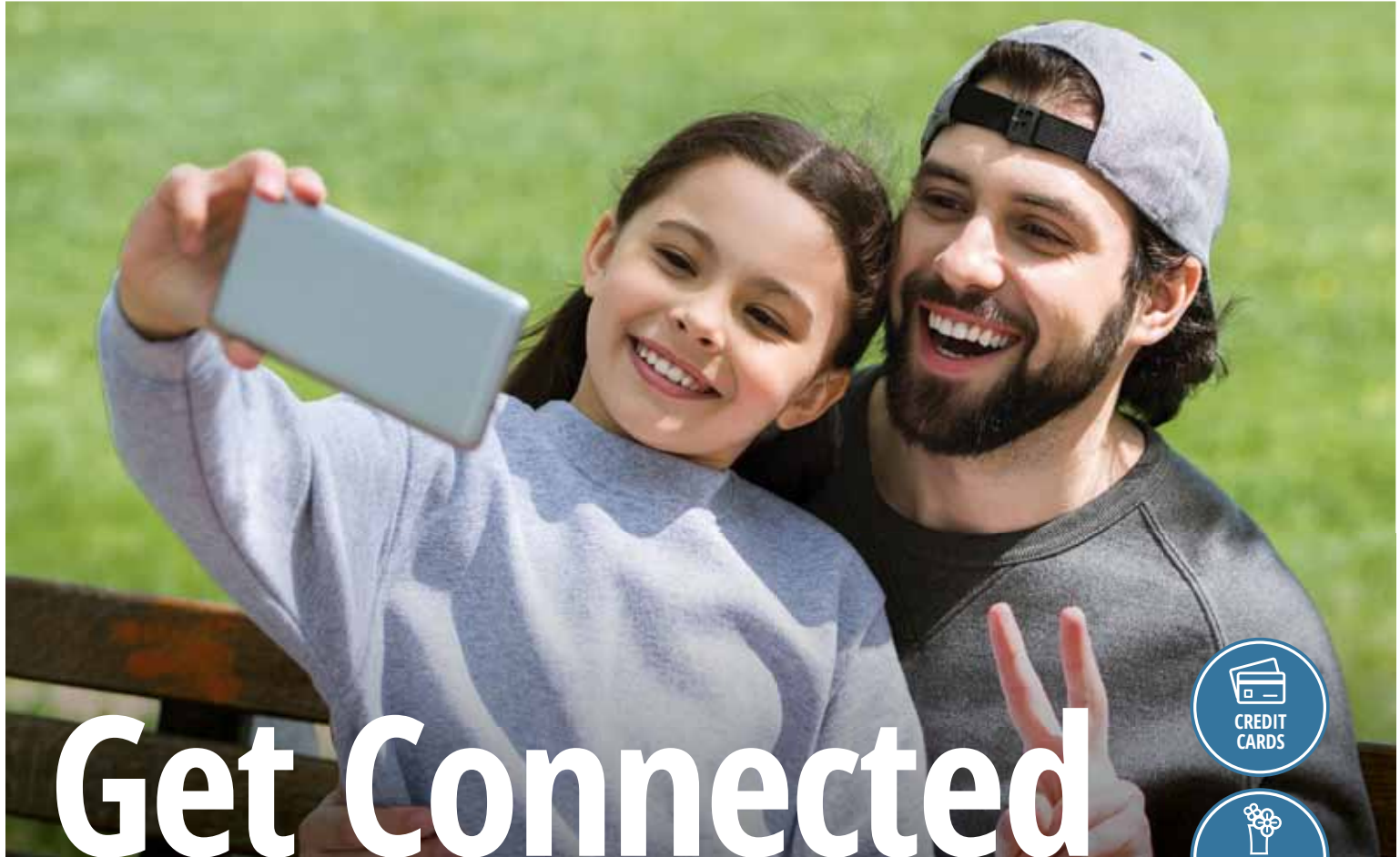
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