

Level Six Performance

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Reviewed by Susan Pettrone for Reader Views (9/06)

“Level Six Performance” is a book that not only offers a blueprint for professional and personal success but backs up its theory through real life experiences of gold medal Olympians - illustrating for the reader the path to success.

“Level Six Performance” teaches the reader not only how to think smart and reach a high level of achievement, but how to maintain that high level and avoid those areas in life that can ultimately mean performance disaster. It focuses not only on achieving and maintaining success but addresses the importance of integrity and strength of character and those roles in success. In emphasizing the importance of such traits, the reader sees how they are vital to achieving the desired success.

In the early pages of this book we are introduced to the author’s “Performance Triad” and its three components; intelligence, knowledge, and thinking. All three combine to lead the reader to “high performance”. Simply put: “Intelligence” is defined as an indicator of possibilities within a person’s life...it is the potential for success. “Knowledge is very simply; what you know the wisdom and information we have to succeed” and Thinking” is what you believe, suppose or how you recall. It should be noted however that thinking is oftentimes brushed aside as unimportant, when it well could be the most vital part of this triad. All three are important on their own but vital to success when combined. It is only with all three of the components firmly in place that success has a sound base and is within the grasp of the reader.

As this book progresses, we are lead through three sections entitled; “Learn to win”, “Prepare to win” and “Play to win”. Each of these sections illustrates, through word and real life examples, how each is an important part of the whole of the formula for success. The reader is taught how each builds upon the other and intertwines to reach success.

Through the use of illustrative stories of 17 Olympians, having between them a total of 25 gold medals; the reader sees first hand how the principles within this book work. The author underlines within each story how the principles of “Level Six Performance” were applied within each Olympians’ life and contributed to their success. It is within these stories that the reader comprehends how “Level Six Performance” can and has proven to be a guide for success.

Integrity and a deep sense of value are constants within this book, as well, and it is not long before the reader can easily perceive that true success comes not only from without but from within. Value and integrity are firm bases upon which the individuals within, all, build and grow.

This book is full off insight and information, and the section on self perception is no exception. Self perception and how it affects success in a personal way is an aspect that each must find deep within themselves without outside help. Even though it sounds simple to acquire a high sense of self, it is in fact, one area that we oftentimes find ourselves struggling to obtain while maintaining balance and stability. Self perception is challenged on an everyday basis and “Level Six Performance” clearly shows the reader how necessary strong self perception is as a key role in success, whatever that may be.

I recommend this book to anyone seeking guidance in the path to success in both their personal and business lives. Within this book are all the elements that one needs to choose the right path and follow it to the end, reaping the harvest of true success. One note should be made, however - it is not enough to merely read this book - one must apply the principles within and be consistent as well. While the principles do not promise overnight success, they will lead the reader toward the ultimate goal. Hard work and dedication will help the reader achieve the success desired.