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The Difference Between Good and Great is in Your Mind

Rewiring Your Brain

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Charlotte, N.C. - At Apex Performance in Ballantyne, a man is sits in an egg-shaped, pod-like chair hooked up to a bunch of wires connecting to several machines that visually display graphs on the screen in front of him. The graphs represent the man's heart rate interconnected with his brain activity. "While breathing in controlled 5 second intervals simultaneously visualize a time and place in your life where you felt the most powerful care and appreciation. And actually recreate that now," said Apex President Dr.

Louis Csoka.

It's the high tech way on mastering your performance in life by rewiring your brain to get the best performance possible from yourself. It's all based on science and the newest discoveries about the brain are nothing short of phenomenal, says Dr. Csoka. "It's about going from good to great. Going from good to great is always mental," said Dr. Csoka.

The Apex Performance system's currently used by pro athletes, the military, and corporate executives. It's based on 5 integrated principals, Goal Setting, Adaptive Thinking, Stress Energy Management, Attention Control and Visualization or Imagery. "Imagery is probably the most powerful skill of all. We as humans are the only ones who have that. The problem is you can also visualize bad things, things you don't want to have keep recurring. So, controlling that is a skill that needs to be practiced. By the way the only place where you can practice perfectly is in your mind," said Dr. Csoka.

How do we know this system works? Dr. Csoka says 3 things. One, has your skill changed, based on the bio-feedback during the sessions. Two, has your behavior changed, are you acting differently since going through the program. And, three, the most important, has your performance changed.