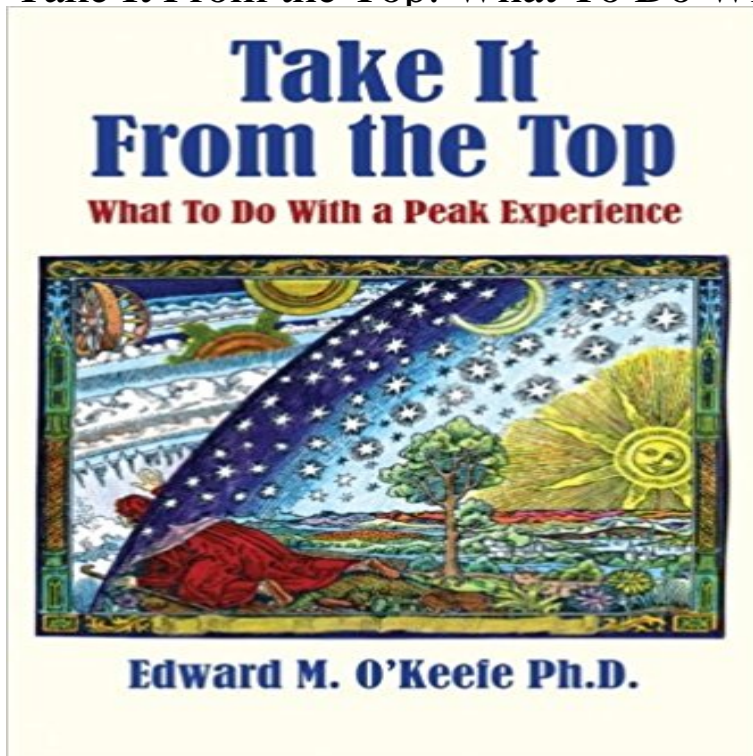


Take It From the Top: What To Do With a Peak Experience



BOOK DESCRIPTION Take It from The Top: What To Do With a Peak Experience

By Edward M. O'Keefe, Ph.D. This book examines Peak Experiences (PEs), those mountain-top moments when we are suddenly taken out of ourselves and feel our oneness with all of creation. These magical moments, the author convincingly points out, are increasing in number and in quality as the human race prepares for a significant evolutionary step forward. Some 75 well-known and little-known persons share with us their fascinating, often life changing, always uplifting, experiences - outbreaks of spirit - that testify to the amazing capabilities and possibilities of the human mind and heart. American psychologist Abraham Maslow called this capacity the farther reaches of human nature. Persons relating their profound peak experiences, mostly in their own words, include Eckhart Tolle, C.S. Lewis, Anwar Sadat, Astronaut Edgar Mitchell, Albert Einstein, scientist Elmer Green (considered the father of clinical biofeedback), actors Alan Arkin and Julie Andrews, basketball star Bill Russell, and composers Brahms and Bernstein. Whatever the field of the peaker science, art, religion, education, sports, etc. these profound moments of insight, knowledge and joy motivate the individual, and all humankind, to exceed former limits, to push on into previously unknown territory. Thus, PEs are the prime engines of human evolution. The author, after a lifetime of study of PEs, examines these extraordinary occurrences, where PEs come from, their purpose, and the most common events and activities that trigger PEs, such as music, sports, spirituality and nature. In addition, after pointing out some of the resistant forces that tend to inhibit such experiences, this book presents easy and practical methods to increase the number of these powerful and ecstatic spiritual happenings

for oneself and for the evolution of the human race.

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