



Fuel The Fire, Perform With Passion

Brad Yates

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Based in Honolulu, Hawaii, Brad teaches his passion, performance psychology. For years he has been driven to understand and teach the process of "giving it your best," a process he calls "HiLevel Performance." The HiLevel process is a reflection of the careful analysis and learning that he has undergone as an athlete, teacher, parent, coach, writer, and counselor. Not just for extreme athletes, Brad's insight and knowledge of the interaction of body and mind can benefit everyone from the weekend warrior to the over-worked entrepreneur. The process of learning to Fuel the Fire is simple. Find something that interests you, get excited, generate an intense desire and learn how to express your passion for what you love to do. This book and the classic "Steps" Brad outlines are his way of structuring the essence of performance in a manner that is clear, sequential, logical and easily understood. Use Fuel the Fire as a: Jump Start - a surge of inspiration to get you going and keep you going. Boulet Line - a source of support if what you want to accomplish resembles a radical climb. Playbook - a series of reminders about what you already know but may have forgotten. Survival Kit - important tools for dealing with the emotional and physical pain that can be a part of pushing your limits. Whatever Fuel the Fire turns out to be for you, Brad trusts that it will add to your pleasure of doing what you love to do.

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