

FOREWORD

Life is energy. Everything about life is energy.

Energy fuels our state of being, both physical and emotional.

When emotions enter our life, our body's wiring changes.

That's my understanding of how we function.

If we want to have a vital life, we need to attain and sustain pure, positive energy. That is the most important thing we can do for our body. This is not a *should*, it is the *must*.

The quality of your life depends on the energy you put in and the energy you take out. Regardless of where you're at in life, or what your goals for the future are, if you are exhausted and stressed, you won't have the energy and passion you need to achieve results.

We all know that how you feel is influenced by your thoughts, and that you can control those thoughts. What's fascinating is how your mind works with your brain to govern your body's physical, mental and emotional state, from health and happiness to disease and fear.

Think about how your brain works. The human brain is two million years old. Your brain is not designed to make you happy—that is your job. Your brain is wired for survival. It gets signals from your autonomic nervous system, and sends out commands to the body through the two autonomic branches: the sympathetic and the parasympathetic nervous systems.

Your brain is always looking around for what's wrong, and if there's a threat, the sympathetic "fight or flight" response immediately kicks in. That's our basic survival response that's kept the human race going since cave man times. In today's world, this response serves us well when we're crossing a busy intersection, but it does not serve us if we permanently live in that emotional state, always fearing what danger might lurk around the corner.

Since there are no saber-toothed tigers for us to deal with anymore, we pollute our mind with negative stories. We worry about what people are thinking about us, or if we make enough money, or our

relationships. The problem is that we get stuck in that response, and that can hurt both our body and our outlook.

It's a classic case of "as you think, so you become."

The secret is learning how to let go of these stories that you're stressing yourself about, so you can handle the real problems from a place of total energy. When you're feeling tired or stressed or upset, it's difficult to make good decisions.

I'm known as someone who makes big demands on my mind and body, and someone who is always in constant sympathetic overload. I've driven myself to constantly look forward, seeking better ways to find the energy I need to create a vital life.

My goal is to help you have more energy than you've ever had, and sustain it with as little effort as possible. Over the years, I have been obsessed with sharing the many tools and methods I've discovered to help you build an energy base, challenge it, expand it and create a momentum that fuels you to be your best self.

Over the course of time, though, experience has taught me that I can continue to ask a lot from my body *and* I can continue to drive to achieve my goals—but that is only possible if I have *balance*.

What I have learned is that if I can balance the parasympathetic and the sympathetic nervous systems, I can sustain longer, I can keep a high level of health and I can maintain a high level of achievement. I need that balance. Without it, I can't sustain the pace.

We all need balance. We can't just drive, drive, drive, drive and drive. We have to understand this concept. There has to be balance in the autonomic nervous system. With that balance, there is vitality, relaxation and enjoyment. Once you experience this sort of vibrant health and energy in your life, you will never want to go back.

As I was learning this lesson about achieving balance in my life, I was privileged to have Dr. Michael Galitzer as my physician. He told me about a new technology that might help me, called NuCalm. I tried it for the first time at his office in Los Angeles in early May 2015. I loved how restored, how rejuvenated and how focused I felt afterward.

NuCalm is the most powerful technology I have ever used, or

heard of, to balance the autonomic nervous system. When I say used or heard of, I'm not saying I simply convinced myself that this is a great technology. I read the research and the evaluations by some of the world's leading experts, so I *know* it's a great technology.

I live in six different locations, am on stage for 12+ hours at a time at events, and often get as little as four hours of sleep a night. Needless to say, my schedule can be grueling—but I'm pulled to it, not pushed to it. I use NuCalm as a tool to make up for the sleep debt my lifestyle creates. It restores my balance and allows me to produce results. If I have just 20 minutes before I have to go on stage, instead of exercising, power napping or eating, I'll get on NuCalm. It completely focuses me, energizes me and allows me to be at my best on stage.

When you are in balance like this, everything is in sync. You're in that flow state. The perfect words come to you, and you're like "Where did that come from?" When stress disappears, you come up with that brilliant idea you've been trying to find. You're in the zone, and with NuCalm, you can put yourself in the zone instead of hoping the zone shows up.

Most people have created their own highway to stress, upset and worry, while they have a dirt road to happiness. It's neurological. The more you go into a certain state, the more you go into it automatically. You've met people who are always upset or worried. You've met those people who tell terrible jokes, but they enjoy them so much that they crack you up, too. So, we prime, or wire, ourselves to be a certain way. The more you use NuCalm, the easier it will be for you to prime yourself for balance and more effectively deal with the challenges that arise in your life.

If you want to achieve maximum success, whether it's in business, at home, with your children or your spouse, with your friends, or with your health, you have to be able to manage stress. You must have balance and you must have commitment, strength and positive energy.

Basically, you can live your life in one of two ways. You can let your mind and brain run you the way they have in the past. You can let them flash any picture or sound or feeling, and you can respond automatically on cue, like Pavlov's dog responding to a bell. Or, you can consciously choose balance, restoration and performance.

NuCalm is the tool for creating balance in your mind and body. I highly recommend that you check it out as a predictable, safe and effective technology to manage your stress, improve your sleep quality and provide a foundation for massive success. By doing it every day, you literally train your nervous system to function at its best.

When I see a company with a product that has so much promise and can do so much good for humanity, it's easy for me to get behind it. I've been telling anybody who will listen about NuCalm since I started using it. They all love it.

Let's face it. No one is getting any younger, right? Every one of us can benefit from NuCalm. I know it's done great things for me, at many levels you'll read about in this book. If you're thinking "Hey, this guy is pushing me" and you don't see the value of balance or relaxation, then all I ask is that you read this book before you make up your mind. I intend to keep on spreading the word about NuCalm, so it can help as many people as possible.

By the way, this company is working on different types of physics and different types of outcomes. In fact, I am collaborating with them to develop focused, high-energy "warrior brain" audio files designed to create peak performance brain activity. They are the opposite of the current NuCalm relaxation software files, one of the technology's four parts. In this new project, we want to create exceptional focus and productivity through gamma brain wave function. Be on the lookout for it in the future!

So for all of you who want to create immeasurable differences and achieve a better quality of life, I invite you to learn more about NuCalm. If I can take just 20 to 30 minutes to restore, NuCalm will give me hours of peak performance. I feel stronger, more rested and more focused, and so can you.

Tony Robbins

Life coaching pioneer, author, philanthropist

Palm Beach, Florida

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