



Optimal Performance Without Killing Yourself

Chris Gorman

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This book is about high-performance people, their mental health risks and how to use balance for prevention. The definition of high performance is people that are hard working, conscientious and performance oriented (their value is based on their performance, what they achieve each day). These people try harder than the average person to move society forward and make things better. It includes mothers, teachers, doctors, lawyers, small business owners, athletes and captains of industry. My book is designed to assist people in obtaining balance in life, while making our world a better place. The book also discusses what can happen with imbalance.

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