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There are plenty of talented people around. What makes someone a champion, a leader, a virtuoso? What allows someone to influence society, ascend to the highest echelons of business, create breathtaking art, or raise children who make substantive contributions to their fellow man? Any bird or animal can live a life. Some have traits that allow them to dominate and influence their environment. But only humans have raised life itself to an art. Contained in every one of us is an unknown potential. A tiger can only be a dominant tiger. We, on the other hand, can do and create almost anything we can imagine. Each of us can live our lives in excellence.

So much we encounter in the journey of life can get in the way of our true abilities. Sometimes parents, teachers, or friends recognize ability and help us steer in the right direction. In many cases, we ourselves must recognize what lies within and learn how to let it out. This journey takes passion, commitment, discipline, tenacity, and hard work. But it is more difficult without the right knowledge.

Dr. Dallaire's methods work powerfully to unlock one's ability to perform to one's full potential. They constitute a multifaceted scientific toolbox with tools drawn from a number of disciplines. I initially consulted Jacques to improve my performance in auto racing, which I had recently taken up. His evaluation gave me a clear picture of where I was strong and where I needed to focus my attention to improve. I was skeptical when he first told me he could teach me to get into "the zone" at will. But on our first race weekend together, I was able on consecutive days to induce a performance state that I had entered only occasionally in my previous athletic life. And the comment from multiple observers was that my driving was "the best they had ever seen" from me.

Despite having never set foot on a race track before fourteen months ago, by using this process I have improved my driving more quickly than I ever thought possible. Within four months of beginning work with Jacques, I won my first race, which included competitors more experienced than I. Even better, the benefits of this way of thinking have spilled over into the rest of my life. I was quite successful before I met Jacques. But that success carried a price deleterious to my overall well-being. I was expending too much effort and yet felt I was not utilizing the full extent of my abilities. Dr. Dallaire's process has given me a logical, systematic approach to achieving my professional and personal goals while remaining healthy and energized. It has "raised my game" across the board. The sense of control I now have over the heretofore obscure parameters of my performance creates feelings of ease and mastery. It is no overstatement to say that life is fun again!



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