Twitter Thread by Ben Meer

Ben Meer
@SystemSunday

Eliud Kipchoge is the first man to ever run a marathon in under 2 hrs.

That's roughly 4 mins 34 sec per mile—for 26.2 miles straight!

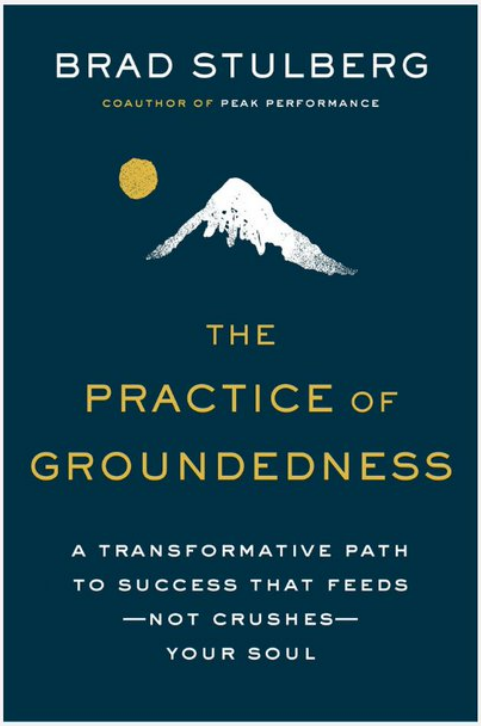
Kipchoge (@EliudKipchoge) recommends two books for peak performance:

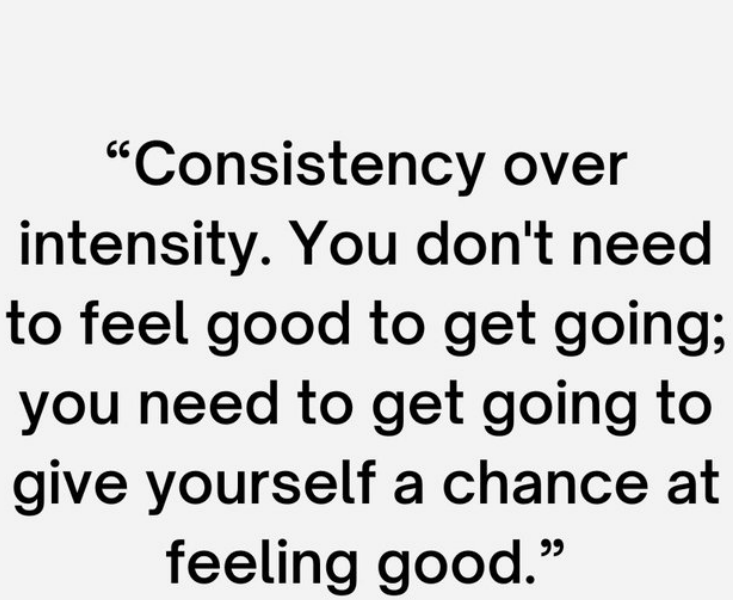


The Practice of Groundedness
by @BStulberg

Lessons:
• Learn the 6 principles of sustainable excellence
• How to perform at a high-level w/o burning out
• How to be consistent

In the words of Kipchoge, "It molds you as a human being."





9 key themes Groundedness will teach you:

1. Outcomes matter but you've got to enjoy the process if you are to have longevity.

2. Consistency is way more valuable than intensity

3. How you perform on your average days is more important than how you perform on your great ones.

4. After big wins or devastating defeats, the medicine is the same—getting back to doing the work itself.

5. Become a master of showing up.

6. You don't have to like failure, but you've got to be okay with it.

7. Take the work extremely seriously, but yourself not so much.

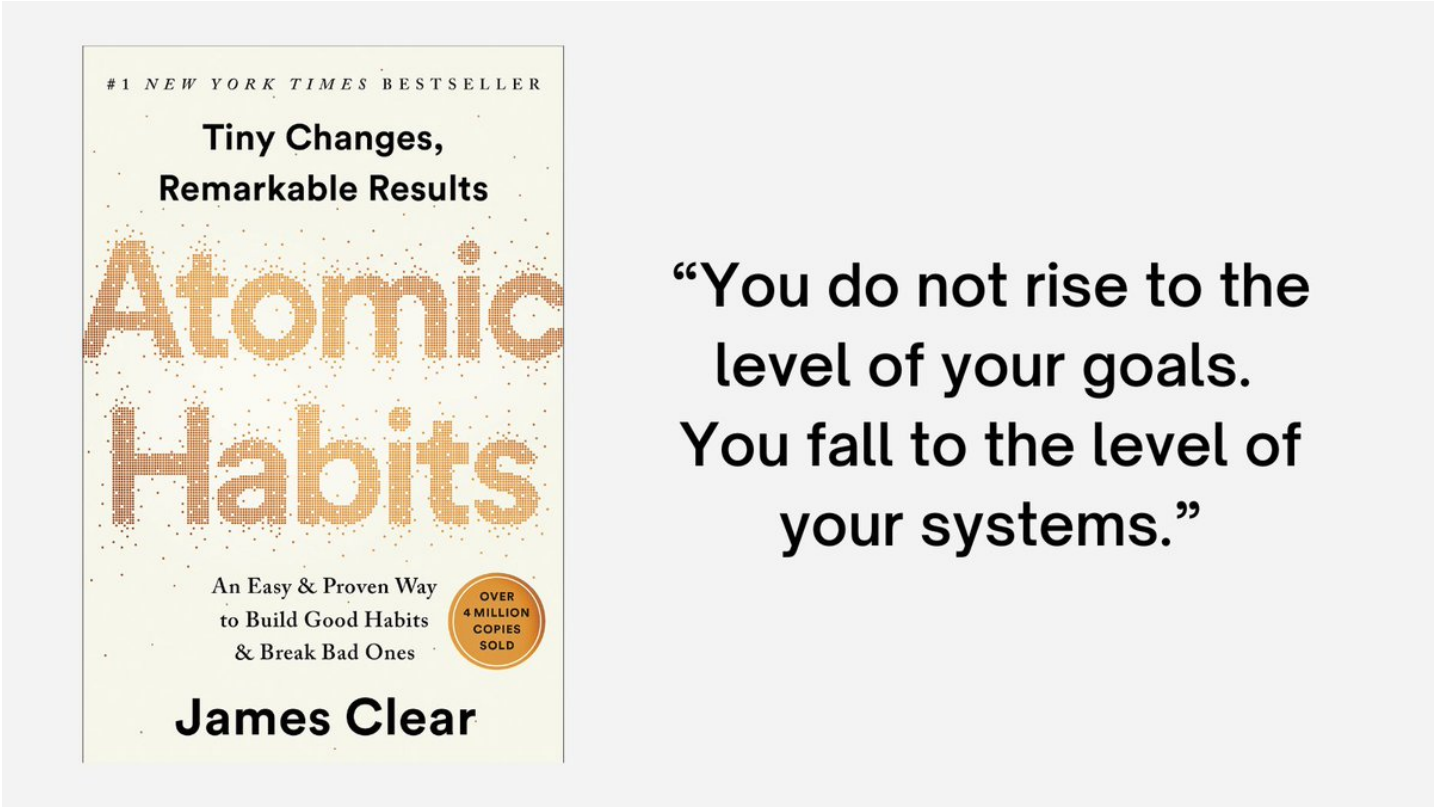
8. Community is everything. Nobody reaches the top alone. The people around you shape you. Surround yourself wisely.

9. Stress + rest = growth. Figuring out the appropriate dose of each is key, and a moving target.

Atomic Habits
by @JamesClear

Lessons:
• Small behavioral changes compound into big results
• 1% better daily = 37x improvement yearly
• 4 Laws to build a habit:

1) Make it obvious
2) Make it attractive
3) Make it easy
4) Make it satisfying



Many of you have already read Atomic Habits.

It's not surprising Kipchoge loves both books.

The Practice of Groundedness teaches the evidence-based principles of excellence.

Atomic Habits helps you build systems to apply them.

“Eliud Kipchoge always has a book headlining his preparation towards a big race, to put him in the right frame of mind and have him motivated to achieve great things.”

—Timothy Olobulu



That’s a wrap—2 powerful books for peak performance!

The Practice of Groundedness. Atomic Habits.

Pick up one of these books,

And you might just catch some of Kipchoge’s magic.

https://t.co/BevAh1WyNt

P.S. If you like personal development, you'll love my weekly newsletter (it’s free).

Every Sunday I feature the best systems for high-performance living.

Try it here:
https://t.co/pjCfCGeRPW