

Author to speak about science of human experience

Drawing on over a decade of research and first hand reporting with dozens of top action and adventure sports athletes like big wave legend Laird Hamilton, big mountain snowboarder Jeremy Jones, and skateboarding pioneer Danny Way, Steven Kotler explores the frontier science of “flow”, an optimal state of consciousness in which people perform best.

Flow improves learning, it enhances creativity, it can unlock happiness, and it is almost always responsible for peak performance.

Kotler, a *New York Times* bestselling author and former Squaw Valley resident, released “The Rise of Superman: Decoding The Science of Ultimate Human Performance” in 2014. His latest book “Bold: How To Go Big, Create Wealth and Impact The World”, was just released this month.

Kotler will be speaking at the Olympic Village Lodge at Squaw Valley on Feb. 20 at 6:30pm. Cocktail hour starts at 5:30pm.

Cost is adults \$25, students \$10, children 9 and younger as well as Squaw Valley Institute members are free. Tickets may be purchased online.