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snowboarder Jeremy Jones, and skateboarding pioneer Danny Way, Kotler explores the frontier science of “flow,” an optimal state of consciousness where we perform and feel our best.

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The Rise of Superman. In 2014, Kotler announced his next book, The Rise of Superman: Decoding the Science of Ultimate Human Performance. The book explores the state of consciousness known as "flow", an optimal state in which humans perform and feel their best.

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Laird Hamilton, big-mountain snowboarder Jeremy Jones, and skateboarding pioneer Danny Way, Kotler explores the frontier science of “flow,” an optimal state of consciousness where we perform and feel our best.

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