

Rafi Kohan

Author, Trash Talk; Expert on Human Behavior, Stress Management, and Peak Performance

Unleashing Peak Performance: The Power of Grit and Mental Toughness Embark on an enlightening exploration of the psychology behind peak performance, guided by Rafi Kohan, author of the captivating and humorous book, "Trash Talk: The Only Book About Destroying Your Rivals That Isn't Total Garbage." Drawing from three years of in-depth interviews with over 200 professionals, including athletes, military officers, poker players, neuroscientists, and psychologists, Rafi shares profound insights into the secrets of peak performance and resilience. By unraveling the intriguing stories of the world's top competitors, Rafi unveils the mental fortitude and psychological strategies that consistently propel these high-performers to outshine their rivals.

Turning Stress to Success and Avoiding Burnout What drives individuals to excel, especially when faced with high-stress and demanding situations? Dive into the intricate world of science-based strategies for managing burnout and anxiety as Rafi Kohan provides a unique perspective on human behavior. Rafi shares insights and laughs as he recounts anecdotes from the world of professional sports, transcending mere entertainment to offer profound scientific insights and provide practical strategies grounded in science to transform stressors into catalysts for new levels of success.