



The Peak Performing Professor: A Practical Guide to Productivity and Happiness

Susan Robison

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Drawing on research from the fields of neuroscience, faculty development, work productivity, positive psychology, and resilience, *The Peak Performing Professor* is filled with techniques, strategies, and practical tools for managing the complexities of academic life while maximizing professional potential. This much-needed resource reveals the four skill sets (PACE) that enhance peak performance and shows faculty step-by-step how to:

- Power their work and lives with purpose and meaning.
- Align all of their activities with that purpose.
- Connect with mutually helpful colleagues and intimates.
- Energize themselves to thrive in this interesting and engaging career.

To help develop these essential skills, the book contains exercises that can help faculty hone their abilities to anchor their work, roles, and use of time in their most deeply held values; to integrate their personal and professional lives into a seamless whole; to experience more work-life balance; and, ultimately, to create a legacy of a life well-lived. Administrators will also find the book a useful tool for guiding their faculty to produce, stay engaged, and experience job satisfaction.

"The first time I saw Susan present her Pyramid of Power model, I knew I needed to learn more. This book provides both the ideas and the practical advice that can help faculty and faculty developers make our lives more effective and more livable." —**L. Dee Fink**, author of *Creating Significant Learning Experiences*

"An amazing book—essential reading for every faculty member. The integration of sound scholarship and practical advice is extraordinary. This book will power faculty workshops and faculty lives!" —**Barbara Walvoord**, professor emerita, University of Notre Dame; author of *Effective Grading*

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