

What a Trauma Surgeon Can Teach You about Staying Calm and Effective Under Pressure

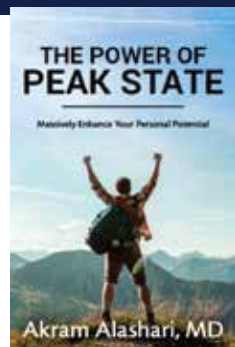


AKRAM ALASHARI, M.D.

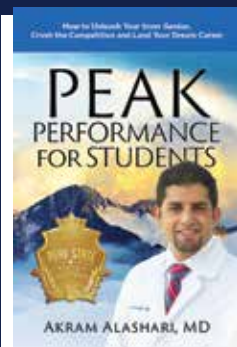
Dr. Akram Alashari, The Peak Performance Doctor, is the youngest double board-certified surgeon in the U.S. He achieved a score on the U.S. Medical Licensing Examination that was literally off the chart.

Dr. Alashari is also an author, industry leader and sought-after speaker on peak performance. He has devoted his life to helping people reach their full potential, and has been featured in several radio show interviews, blogs, podcasts, newspapers and magazines.

The author of *The Power of Peak State* and *Peak Performance for Students*, Dr. Alashari is launching a new program called Peak Performance for Parents: How to Get Your Child to Achieve Straight As. When he's not in the operating room, you can find him giving speeches, seminars and workshops, or spending time with his family.



The Power of Peak State:
Massively Enhance Your
Personal Potential



Peak Performance for Students:
How to Unleash Your Inner
Genius, Crush the Competition and
Land Your Dream Career.

STORY IDEAS

- **Is your job stressful?**
Try these 3 tips for calming your body and mind
- **When the pressure is on:**
How to make tough choices
- **Proven strategies for achieving peak performance in high-stakes situations**
- **Become an inspiring leader others want to follow:**
How to build stronger teams and improve your emotional intelligence
- **How to be more productive and engaged at work**
- **Care for caregivers:**
How to help health care providers avoid burnout
- **3 ways to develop the mindset of a peak performer**

CONTACT

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