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### The Self Improvement Show Archives Available October 30th 2014: Peak Experiences

Most of us, if not all of us have had a "peak experience" sometime in the course of our lives. Think back to a time when something moved you, made you "gasp and marvel"—a sunset, a piece of music, or something in nature. Ed O'Keefe writes about these "mountain top experiences" in his book, "Take It From the Top: What to Do With a Peak Experience" and we will talk about them on this show. He will share stories of peak experiences of his own and of others and will explain how we can enhance the number of peak experiences we have. We will talk about the kind of occurrence that made Julie Andrews

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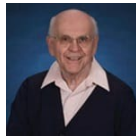
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### Featured Guest



#### Dr. Edward O'Keefe

Dr. Edward O'Keefe is a former Dean of Academic Affairs at a New York State community college. For 25 years, before retiring from academic life, he taught English and Writing. He often assigned his students the writing of essays or poems about their peak experiences, 'mountain-top moments' of joy and inspiration. From this beginning, he developed a passion for the subject of peak experiences (PEs). A native of Niagara Falls, NY, Dr. O'Keefe is now a Myofascial Trigger Point Therapist. He lives with his wife, Romella, near Asheville, North Carolina. Their blended family consists of nine children, eleven grandchildren, one great-grandson and one cat. Ed and Romella maintain a lovely garden a

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