

New Book 'The Flow Multiplier' Shows Leaders How to Build Peak Performance Systems With AI

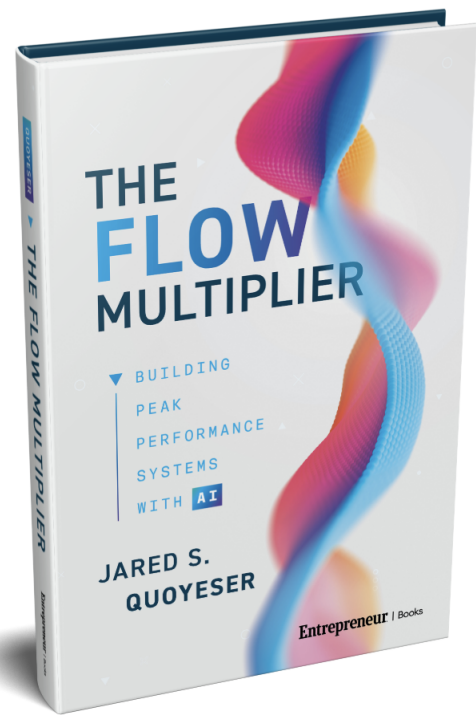
Jared Quoyeser's "The Flow Multiplier" shows leaders how to use focus, recovery and AI to build sustainable peak performance.

NEW YORK, NY, UNITED STATES, September 29, 2026 /EINPresswire.com/ -- Technology executive, investor and former Division I athlete Jared S. Quoyeser offers a practical approach to sustained executive performance in his new book, "[The Flow Multiplier: Building Peak Performance Systems With AI](#)." Published by Entrepreneur Books, the book is now available at major and independent book retailers nationwide.

Drawing on three decades of experience as an athlete and technology executive, Quoyeser invites leaders to rethink what high performance requires in a workplace increasingly defined by meetings, messages, digital distractions and constant demands on attention. Instead of asking executives to work harder, he shows them how to create systems that protect focus, manage energy and make sustained high-level performance more repeatable.

In "The Flow Multiplier," Quoyeser introduces the concept of the Executive Athlete, a leadership approach modeled on the preparation, execution and recovery cycles used by elite performers. At the center of the book is his PEAK Performance Framework, which provides leaders a structured way to create the conditions for flow, prioritize high-value work, and build recovery into how they operate.

"Motion isn't always progress," Quoyeser writes. The distinction is central to his argument that packed calendars and completed tasks can create the appearance of productivity while pulling



"The Flow Multiplier: Building Peak Performance Systems With AI," by Jared S. Quoyeser, published by Entrepreneur Books, is now available.

leaders away from the work where their judgment, creativity and experience have the greatest impact.

Quoyeser also examines the growing role of artificial intelligence in executive performance. Rather than treating AI as another source of complexity, he shows leaders how to use it strategically to reduce administrative friction, accelerate research and protect time for deep work. The goal, he argues, is not to automate leadership but to preserve more cognitive capacity for the decisions and responsibilities that require human judgment.

Through practical exercises and personal experiences, “The Flow Multiplier” addresses focus, energy management, delegation, recovery and the habits that can help leaders access flow more consistently. Quoyeser encourages readers to identify the small number of priorities that drive the greatest results, structure their calendars around those priorities and delegate lower-value work to their teams or appropriate AI tools.

“

The executive athlete life isn't about working harder. It's about working with precision and disciplined focus.”

*Jared S. Quoyeser, author of
“The Flow Multiplier”*

More than a productivity book, “The Flow Multiplier” presents high performance as a system you can deliberately build and refine. Quoyeser emphasizes that preparation and recovery matter as much to sustained executive performance as execution itself—much as they do for elite athletes.

“The executive athlete life isn't about working harder,” Quoyeser writes. “It's about working with precision and

disciplined focus.” His approach is designed for executives, founders and ambitious professionals seeking to increase their impact without relying on chronic intensity or burnout.

Blending lessons from athletics, executive leadership and emerging technology, “The Flow Multiplier” challenges leaders to move beyond constant busyness and build an operating system for sustained excellence — one that aligns focus, energy, execution and recovery while using AI

Entrepreneur

| Books

Entrepreneur Books, publisher of “The Flow Multiplier: Building Peak Performance Systems With AI,” by Jared S. Quoyeser.

to amplify, rather than replace, their highest-value work.

[About Jared S. Quoyeser](#)

Jared S. Quoyeser is co-founder and managing partner of Louisiana Impact Fund, a private equity firm investing in lower-middle-market businesses to strengthen regional ownership and long-term economic growth. He spent 25 years at Intel Corp., where he led strategic partner initiatives, developed vertical market and solutions strategies, and led organizations responsible for billions in revenue. A former Division I athlete and endurance competitor, Quoyeser brings an athlete's approach to preparation, execution and recovery into his work as an executive and investor. He serves as chairman and on the boards of multiple private and public organizations and is a contributor to Entrepreneur.



Jared S. Quoyeser, author of "The Flow Multiplier: Building Peak Performance Systems With AI."

[About Entrepreneur Books](#)

Entrepreneur Books is an imprint of Advantage | The Authority Company, launched in collaboration with Entrepreneur Media. Entrepreneur Books empowers business leaders, innovators, and visionaries to share their expertise and amplify their voices through expertly crafted business books. Entrepreneur Books authors can effectively build authority within their industries and reach global audiences through trusted platforms like Entrepreneur magazine, Entrepreneur.com, and beyond.

Julie McClellen

Advantage | The Authority Company

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/946081153>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.