What is claimed is:

1. An energy storage system, comprising

a) an electrical input adapted to connect to an external power source;

b) an electrical output adapted to connect to a load;

c) a power bus connected between the electrical input and the electrical output;

d) a battery module connected to the power bus;

e) a rectifier coupled between the electrical input and the power bus; and

f) an inverter coupled between the power bus and the electrical output,

wherein the energy storage system is adapted to be switched between a first mode in which the battery module is recharged by electrical power received from the electrical input via the power bus, and a second mode in which the battery module discharges to boost the electrical power received from the electrical input via the power bus for outputting to the electrical output,

wherein in the first mode the electrical power received from the electrical input is directly outputted to the electrical output via the power bus besides recharging the battery module simultaneously,

wherein in the second mode the electrical power received from the electrical input is boosted for its power capacity,

and wherein a power capacity of the inverter is greater than a power capacity of the rectifier.

2. The energy storage system of claim 1, wherein the electrical input is an AC input, and the electrical output is an AC output; the power bus being a DC bus.

3. The energy storage system of claim 1, wherein the power capacity of the rectifier is no greater than 63 kilowatts and the power capacity of the inverter is no less than 315 kilowatts.

4. The energy storage system of claim 2, wherein the energy storage system is further adapted to be switched to a third mode in which the battery module discharges to provide battery power to the electrical output without the electrical power received from the electrical input.

5. The energy storage system of any one of the preceding claims, wherein the energy storage system has the form factor of a shipping container.

6. A method of boosting an electrical power for outputting to a load, comprising the steps of:

a) providing an energy storage system of claim 1;

b) receiving an electrical power from an electrical input;

c) discharging a battery module to obtain a battery power; and

d) boosting the electrical power using the battery power for outputting to an electrical output.

7. The method of claim 6, wherein the electrical power from the electrical input is AC power; the method further comprising the step of rectifying the electrical power to DC power for combing with the battery power.

8. The method of claim 6, wherein the electrical output is an AC output; the method further comprising the step of transforming a boosted DC power to AC power for outputting.