The Life You Imagine

Derek Jeter 2010-05-20 Ever wonder what it would take to turn all of your dreams into reality? In this fascinating and thought-provoking book, John Brenkus examines the world of extreme sports and the scientists and athletes who

Molecular Exercise Physiology

Henning Wackerhage 2014-02-24 Molecular Exercise Physiology: An Introduction is the first textbook that presents the full range of useful features, such as summaries, definitions of key terms, guides to further reading, review

The Epigenetics Revolution

Carey 2014-02-24 Carey introduces the concept of epigenetics, a field of evolutionary biology that is slowly gaining traction as a forceful complement to the more traditional, gene-centric view of evolution. It explains why mapping an organism's genetic code is not enough to explain how the phenotypes of all the organisms within a species are shaped. It explains why the evolutionary potential of an organism is not fixed by its genotype, but can be influenced by life experiences. It also explains why evolution does not have to be linear, but can be cyclical and non-directional. Finally, it shows how epigenetics can be used to study the effects of chemicals on the development of organisms. The Epigenetics Revolution is a must-read for anyone interested in the relationship between environment and phenotype, and for anyone who wants to understand how the diversity of life on Earth has been shaped over the millennia.

The Sports Gene

Po Bronson 2013-02-19 New York Times Bestseller Po Bronson and Ashley Merryman's work changes the national conversation about how to raise exceptional athletes. In their new book, The Sports Gene, Bronson and Merryman reveal a counterintuitive truth: exceptional athletes are not born with a genetic优势, but develop through a complex interplay of nature and nurture. Bronson and Merryman's work has been featured in The New York Times, Newsweek, Wired, New York, and more. E-mail, Facebook, and Twitter accounts are filled with demands to read their work. "We need to stop thinking that the million-dollar arm anymore. It's about the million-dollar brain."

The Top Dog

Mind of the Athlete

John Brenkus 2010-08-31 For years, coaches, pundits, and experts have speculated about the extremes of human performance: the heaviest bench press, the fastest mile, the highest dunk, the longest home run, the longest golf drive. But now, for the first time, John Brenkus, the host, co-creator, and executive producer of ESPN's Sport Science, ventures across the sports world to present an in-depth look at the absolute limits of human performance. Beginning with the current world records for a variety of sports, Brenkus finds the "perfection point" for each, zeroing in on the speeds, heights, distances, and times that humans will never get closer to but never exceed. Combining cutting-edge science with on-the-ground reporting (such as "How Not to Talk to Your Kids," "Creativity Crisis," and "Losing Is Good for You"), in TOP DOG, Brenkus provides us with an extraordinary window into the physical and psychological limits of human performance. 

Elegant Defense

John Tyler 2009-06-30 Beginning with the discovery of genes on chromosomes and culminating with extensive new interviews with dozens of world-renowned scientists, Richtel has produced a landmark book, equally an authoritative history and a compelling story of how a haphazard group of scientists and physicians were led by their sense of the impossible to create a weapon against death. "The past two decades have witnessed extraordinary advances in our understanding of the mechanisms underlying the immune system. In this book, we see how this understanding has transformed both the treatment and prevention of disease. We see the extraordinary cast of characters he introduces is equally diverse, among them Julian Huxley, J. B. S. Haldane, Leon Trotsky, and Evelyn Waugh. Richtel writing with a charm and freshness that bring the most subtle nuances of science to life, he pursues these interests throughout the book, moving from the year-round residents of Cabo, California, and the alligators he introduces is equally diverse, among them Julian Huxley, J. B. S. Haldane, Leon Trotsky, and Evelyn Waugh. Richtel writing with a charm and freshness that bring the most subtle nuances of science to life, he pursues these interests throughout the book, moving from the year-round residents of Cabo, California, and the alligators

Physical Performance Physiology

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The Sports Gene Inside Science Of Extraordinary Athletic Performance

David Epstein 2013-02-19 What's the fastest a human can run the 100-meter sprint? What's the longest

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emerges in Lives of a Biologist as the kind of best scientist—a man fascinated by the things he is investigating, and finding great joy in the journey of uncovering scientific truths. This is something we all can learn from.

In the life and times of Albert Einstein, the author brings to light the moral dilemmas faced by scientists in weapons development, the preservation of the environment, and the relationship between science and religion. These essays, by a distinguished physicist who is also a prolific writer, offer insights into the history of science and new perspectives on contemporary debates about science, ethics, and faith.

In his review of the book, THE WORLD IN THE W W W. 2021-03-30 THE NEW YORK TIMES

Ben Goldacre is a medical doctor and trenchant critic of pseudoscience and quackery. This essay is a review of his book, which is both a personal story of his experiences as a doctor and a journey into the complexities of scientific research and its impact on public policy. The book reveals how the scientific community can sometimes be swayed by political and commercial interests, leading to questionable conclusions and practices. Ben Goldacre's work is intended to help readers discern the difference between good science and bad science, and to promote evidence-based decision-making in healthcare and other fields.

In the essay, Ben Goldacre discusses the importance of scientific literacy for the public. He argues that the public needs to be able to evaluate scientific claims critically, and to understand the limitations and uncertainties of scientific research. This is especially important in today's world, where scientific information is becoming increasingly complex and difficult to understand.

The essay also highlights the role of journalists in promoting scientific literacy. Scientists and journalists can work together to communicate the latest findings in an accessible and engaging way. This can help to build public trust in science and to foster a more informed and participatory democracy.

In summary, Ben Goldacre's essay is a call to action for all of us to be more literate in science, to be more proactive in questioning the claims we encounter, and to work together to promote a culture of evidence-based decision-making. This is a message that is especially timely in today's world, where the ability to understand and evaluate scientific information is becoming more and more important.
The Champion’s Mind: How Great Athletes Think, and How You Can Too

As we enter the next generation of professional sports, it is clear we need to think differently about what constitutes athleticism and what it means to be successful. The Champion’s Mind explains how great athletes think, and how you can think like them.

The model of athleticism that dominates sports is based on a concept called “verticality”: the belief that the only step upward is to be the best athlete, the most muscular, or the most skilled. This model, however, is flawed because it ignores the fact that to be the best athlete is to be the best athlete for the sport. What is needed is a model that recognizes the value of diversity in athleticism, and that allows for a more inclusive definition of what it means to be successful.

Jeff Davidson is a psychologist and former sports consultant. He has worked with many of the world’s top athletes, including Olympic gold medalists and professional football players. He is the author of The Champion’s Mind and is a frequent guest on sports shows and podcasts.

The Mindful Athlete: How to Achieve Peak Performance by Cultivating Presence and Mindfulness

The Mindful Athlete is a revolutionary, mindfulness-based program for elevating your game. George helped me understand the art of performance and the state of consciousness called “flow.” 25,000 first printing.

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The Rise of Superman: Decoding the Science and Myth of Heroes

The Rise of Superman explores the profound paradox of the human animal. Looking for answers across the animal kingdom, he finds that many of the practices that lead to great success are the same. It is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for performance (not just performance); and achieving the science of great performance and the stories of great performers across a wide range of capabilities.

The Rise of Superman is a groundbreaking book exploring the contrast to what many athletes actually practice. When combined with the noise of social media, old-school traditions, and bro-science, it can be difficult to separate fact from fiction. Peak is a groundbreaking book exploring the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so it sheds new light on the process of evolution, the workings of the brain, the structure of language, and – most importantly – what it means to be human. Language Evolution is essential reading for researchers and students working in the areas covered, and has been used as a textbook for courses in the field. It will also attract the general reader who wants to know more about this fascinating subject.

Peak Performance: The Real Science of Peak Human Performance

Peak Performance is a book about the science of great performance and the stories of great performers across a wide range of capabilities. It distills three decades of myth-shattering research into a powerful learning strategy that is fundamentally different from the way people traditionally think about acquiring new skills. Whether you want to improve your athletic or musical performance, or help your child achieve academic goals, Ericsson’s revolutionary methods will show you how to improve at almost any skill that matters to you. “The science of excellence can be divided into two eras: before Ericsson and after Ericsson. His groundbreaking work, captured in this brilliantly useful book, provides us with a blueprint for achieving the most important and life-changing work possible: to become a little bit better each day.”—Dan Coyle, author of The Talent Code

Parentology: How to Help Your Kids Succeed by Raising Them Like Champions

Parentology is a parenting book that offers advice for parents who want to help their kids succeed. The book is written by John B. Gottman, Ph.D., a psychologist and parenting expert, and is based on his research with thousands of families. It is a practical guide for parents who want to help their kids develop the habits and mindsets that will lead to success in life.

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Toughness is a book about the science of perseverance and how to build perseverance in yourself and others. It is based on the latest research in psychology and neuroscience and is aimed at helping people to develop the mental toughness needed to achieve their goals.

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