The Sports Gene Inside Science Of Extraordinary Athletic Performance David Epstein

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Color Atlas of Genetics Eberhard Passarge 2007 A remarkable achievement by a single author ... concise but informative ... No geneticist or physician interested in genetic diseases should be without a copy of this remarkable edition. --American Journal of Medical Genetics More than ever, a solid understanding of genetics is a fundamental element of all medical and scientific educational programs, across virtually all disciplines. And the applications--and implications--of genetic research are at the heart of current medical scientific debates. Completely updated and revised, The Color Atlas of Genetics is an invaluable guide for students of medicine and biology, clinicians, and anyone else interested in this rapidly evolving field. The latest edition of this highly praised atlas retains several popular features, such as the accessible layout and logical structure, in addition to many novel features and 20 completely new color plates on new topics, including: Cell-to-cell communication, including important signaling and metabolic pathways Taxonomy of living organisms (tree of life) Epigenetic modifications in chromatin Apoptosis RNA interference (RNAi) Comparative genomic hybridization Origins of cancer Principles of gene and stem cell therapy, etc. With more than 200 absorbing full-color plates concisely explained on facing pages, the atlas offers readers an easy-to-use, yet remarkably detailed guide to key molecular, theoretical, and medical aspects of genetics and genomics. Brief descriptions of numerous genetic diseases are included, with references for more detailed information. Readers will find that this incomparable book presents a comprehensive picture of the field from its fascinating history to its most advanced applications.

Deep James Nestor 2014-06-24 New York Times Book Review Editors’ Choice • An Amazon Best Science Book of 2014 • Scientific American Recommended Read “Fascinating, informative, exhilarating.” –Wall Street Journal Deep is a voyage from the ocean’s surface to its darkest trenches, the most mysterious places on Earth. Fascinated by the sport of freediving—in which competitors descend great depths on a single breath—James Nestor embeds with a gang of ocean-going extreme athletes and renegade researchers. He finds whales that communicate with other whales hundreds of miles away, sharks that swim in unerringly straight lines through pitch-black waters, and other strange phenomena. Most illuminating of all, he learns that these abilities are reflected in our own remarkable, and often hidden, potential—including echolocation, directional sense, and the profound bodily changes humans undergo when underwater. Along the way, Nestor unlocks his own freediving skills as he communes with the pioneers who are expanding our definition of what is possible in the natural world, and in ourselves. “A journey well worth taking.” –David Epstein, New York Times Book Review “Nestor pulls us below the surface into a world far beyond imagining and opens our eyes to these unseen places.” –Dallas Morning News “This is popular science writing at its best.” –Christian Science Monitor

This is Your Brain on Sports L. Jon Wertheim 2016 The executive editor of “Sports Illustrated” and a psychologist join forces to examine the behavior of those involved in professional sports, explaining how athletes can successfully put aside personal trauma on game day and why people love to root for alacer. How People Learn National Research Council 2000-08-11 First released in the Spring of 1999, How People Learn has been expanded to show how the theories and insights from the original book can translate into actions and practice, now making a real connection between classroom activities and learning behavior. This edition includes far-reaching suggestions for research that could increase the impact that classroom teaching has on actual learning. Like the original edition, this book offers exciting new research about the mind and the brain that provides answers to a number of compelling questions. When do infants begin to learn? How do experts learn and how is this different from non-experts? What can teachers and schools do—with curricula, classroom settings, and teaching methods—to help children learn most effectively? New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb. How People Learn examines these findings and their implications for what we teach, how we teach it, and how we assess what our children learn. The book uses exemplary teaching to illustrate how approaches based on what we now know result in in-depth learning. This new knowledge calls into question concepts and practices firmly entrenched in our current education system. Topics include: How learning actually changes the physical structure of the brain. How existing knowledge affects what people notice and how they learn. What the thought processes of experts tell us about how to teach. The amazing learning potential of infants. The relationship of classroom learning and everyday settings of community and workplace. Learning needs and opportunities for teachers. A realistic look at the role of technology in education.

A Most Wanted Man John le Carre 2009-08-04 Smuggled into Hamburg, Issa, a young Russian man, forms an alliance with Annabel, a civil rights lawyer, and Tommy Brue, scion of a failing British bank, as they become victims
of rival intelligence operations in the War on Terror. The Rise of Superman Steven Kotler 2014 Using years of research and interviews with adventure sports athletes, the New York Times best-selling author of Abundance and A Small, Fury Prayer attempts to unlock the secrets to ultimate human performance and the state of consciousness called “Flow.” 25,000 first printing.

Bad Science Ben Goldacre 2010-10-12 The informative and witty expose of the “bad science” we are all subjected to, called “one of the essential reads of the year” by New Scientist. We are obsessed with our health. And yet – from the media’s “world-expert microbiologist” with a mail-order Ph.D. in his garden shed laboratory, and via multiple health scares and miracle cures – we are constantly bombarded with inaccurate, contradictory, and sometimes misleading information. Unguarded and unmediated, Ben Goldacre masterfully dismantles the questionable science behind some of the great drug trials, court cases, and missed opportunities of our time, but he also goes further: out of the bullshit, he shows us the fascinating story of how we know what we know, and gives us the tools to uncover bad science for ourselves. The Performance Cortex Zach Schonbrun 2019-04-09 “A must-read for the cerebral sports fan...” —Moneyball except nerdier. Much nerdier.” —Sports Illustrated. I illustrate how the modern athlete that he was, could a baseball? Why can’t modern robotics come close to replicating the dexterity of a five-year-old? Why do great quarterbacks always seem to know where their receivers are? On a quest to discover what actually drives human movement and its spectacular potential, journalist, sports writer, and fan Zach Schonbrun interviewed experts on motor control around the world. The trail begins with the groundbreaking work of two neuroscientists in Major League Baseball who are unpinning the traditional ways scouts evaluate the speed with which great players read a pitch. Across all sports, new theories and revolutionary technology are revealing how the brain’s motor control system works in extraordinarily talented athletes like Stephen Curry, Tom Brady, Serena Williams, and Lionel Messi; as well as musical virtuosos, dancers, rock climbers, race-car drivers, and more. Whether it is timing a 95 mph fastball or reaching for a coffee mug, movement requires a complex suite of computations that many take for granted—until they read The Performance Cortex. Zach Schonbrun shers in a new way of thinking about the athletic gifts we marvel over and seek to develop in our own lives. It’s not about the million-dollar arm anymore. It’s about the million-dollar brain. Peak Performance Brad Stulberg 2017-06-06 “A transfixing book on how to sustain peak performance and avoid burnout” —Adam Grant, New York Times bestselling author of Option B, Originals, and Give and Take “An essential playbook for success, happiness, and getting the most out of ourselves.” Arianna Huffington, author of Thrive and The Sleep Revolution “I doubt anyone can read Peak Performance without itching to apply something to their own lives.” —Sports Illustrated. A former Wall Street trader and the bestselling author of The Sports Gene A few common principles drive the development of high performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In Peak Performance, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, Peak Performance combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, Peak Performance uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result 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 enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, Peak Performance uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever “your game” may be, Peak Performance will teach you how.

Building Genetic Medicine Shobita Parthasarathy 2012-01-13 A comparative study of genetic testing for breast and ovarian cancer in the United States and Britain that shows the importance of national context in the development and use of science and technology even in an era of globalization. In Building Genetic Medicine, Shobita Parthasarathy shows how, even in an era of globalization, national context is playing an important role in the development and use of genetic testing. After the 1990 launch of the Human Genome Project, the development of genetic testing for breast and ovarian cancer (known as BRCA testing) in the United States and Britain, Parthasarathy develops a comparative analysis framework in order to investigate how national “toolkits” shape both regulations and the architectures of technologies and uses this framework to assess the implications of new genetic technologies. Parthasarathy argues that differences in the American and British approaches to health care and commercialization of research led to the establishment of different BRCA services in the two countries. In Britain, the technology was available through the National Health Service as an integrated program of counseling and laboratory analysis, and was viewed as a potentially cost-effective form of preventive care. In the United States, although BRCA testing was initially offered by a number of providers, one company eventually became the sole provider of a test available to consumers on demand. Parthasarathy draws lessons for the future of genetic medicine from these cross-national differences, and discusses the ways in which comparative case studies can inform policy-making efforts in science and technology.
steps to take to reach a place of sustained efficiency. **Peak** Marc Bubbs 2019 “There is a new revolution happening in sports as more and more athletes are basing their success on this game-changing combination: health, nutrition, training, recovery, and mindset. Unfortunately, the evidence-based techniques that the expert PhDs, academic institutions, and professional performance staffs follow can be in stark 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 fundamentals of high performance (not the fads), the importance of consistency (not extreme effort), and the value of patience (not rapid transformation). Dr. Marc Bubbs makes the case for adopting clear thinking and advice from leading experts who are influencing the top performers in sports on how to achieve world-class success, he lays out the record-breaking feats of athleticism and strategies that are rooted in this personalized approach. Dr. Bubbs expertly brings together the worlds of health, nutrition, and exercise and synthesizes the salient science into actionable guidance. Regardless if you are a coach, athlete, or team manager, Peak will provide you with the knowledge to take your performance and health to the next level.Dr. Bubbs expertly brings together the worlds of health, nutrition, and exercise and synthesizes the salient science into actionable guidance. Regardless if you are a coach, athlete, or team manager, Peak will provide you with the knowledge to take your performance and health to the next level.

**Ladybugs (New and Updated)** Gail Gibbons 2022-04-05 From Gail Gibbons, the #1 author of science books for kids, learn everything to know about the iconic ladybug in this new edition updated with the latest facts from experts. This new and updated edition presents the latest scientific information on ladybugs in language accessible for young readers through bright illustrations, informative diagrams, and easy-to-read text. Kids will rethink what they know about the little red bug while being introduced to biology vocabulary and environmentalism. See the ladybug grow from an egg to an adult. Explore just some of the different colorings and markings from the thousands of ladybug varieties around the world. Learn about the ladybug’s behavior, habitat, and how they protect crops by eating harmful insects. The final page includes quick ladybug facts and resources for further learning. Author of over 120 nonfiction books for kids, including the beloved Monarch Butterfly and From Seed to Plant, and with hundreds of thousands of books sold, Gail Gibbons continues to bring science to kids this colorful and approachable book about everyone’s favorite lucky bug.

**The Mindful Athlete** George Mumford 2015-04-17 The all-star adviser to athletes like Kobe Bryant and Michael Jordan shares his revolutionary, mindfulness-based program for elevating your game. "George helped me understand the art of mindfulness. To be neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be." —Kobe Bryant Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected psychologist, spiritual teacher, and mindfulness practitioner, Mumford tells illuminating stories about his larger than life clients. His writing is down-to-earth and easy to understand and apply. The Mindful Athlete is an engaging story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson.

**How Bad Do You Want It?** Matt Fitzgerald 2016-01-07 HOW BAD DO YOU WANT IT? revisits some of the most extraordinary moments from endurance performance to show how mental strength allows some athletes to perform at a level way beyond their physical limits – to will their body to do what was previously thought biologically impossible. Drawing on cutting-edge scientific research it suggests concrete habits and tactics we can use to cultivate our own mental strength, whilst providing thrilling accounts of some of the most inspiring and astonishing feats in sporting history. In 2010 Sammy Wanjiru entered the Boston Marathon suffering from injuries to his knee and his lower back, a stomach virus that prevented him from training and a lifestyle that meant he spent more time in nightclubs than on the track. He shouldn’t have even been able to finish the race, and at times he seemed as if he literally had nothing left to give, yet in an epic battle he crossed the finishing line first. How did he manage it? HOW BAD DO YOU WANT IT? describes a new ‘psychobiological’ model of endurance performance connecting the mind, body and brain. Compelling accounts from triathlon, cycling, running, rowing and swimming are viewed through the lens of this model shedding new light on what science has to say about mental fortitude in sports. Featured athletes include: Sammy Wanjiru, Jenny Barringer, Greg LeMond, Willie Stewart, Cadel Evans, Joseph Sullivan, Paula Newby-Fraser, Ryan Vail, Thomas Voeckler, Ned Overend, Steve Prefontaine.

**The Sports Gene** David Epstein 2014-04-29 The debate is as old as physical competition. Are stars like Usain Bolt, Michael Phelps, and Serena Williams genetic freaks put on Earth to dominate their respective sports? Or are they simply normal people who overcame their biological limits through hard work and dedication? Do you have what it takes to be a world-class athlete? Or is success in sports to some degree preordained by your genetic makeup? In The Sports Gene, David Epstein explores the science of athletic success, from genetic and environmental factors to the biological limits that define our performance. The Sports Gene presents the latest science on how the training we do and the nutrition we eat can help us achieve world-class performance, and how our bodies are influenced by the environments in which we train and compete. From sprinters to swimmers to cyclists to runners to cross-country skiers to tennis players, The Sports Gene synthesizes the salient science into actionable guidance. Regardless if you are looking to elevate your game, no matter what the pursuit, and includes a foreword by Phil Jackson. **ACT in Sport** JAMES HUELSMANN HEGARTY (CHRISTOPH.) 2020-11-04 ACT in Sport is a practical workbook that provides a variety of simple strategies for athletes, sport psychologists, and coaches - regardless of their level of ability - for overcoming their skills, including mindfulness, acceptance, and defusion.
Epigenetics can potentially revolutionize our understanding of the structure and behavior of biological life on Earth. It explains why mapping an organism’s genetic code is not enough to determine how it develops or acts and shows how nurture combines with nature to engineer biological diversity. Surveying the twenty-year history of the field while also highlighting its latest findings and innovations, this volume provides a readily understandable introduction to the foundations of epigenetics. Nessa Carey, a leading epigenetics researcher, connects the field’s arguments to such diverse phenomena as how ants and queen bees control their colonies; why tortoishell cats are always female; why some plants need cold weather before they can flower; and how our bodies age and develop disease. Drawing on the latest research in genetics, biochemistry, biology, epigenetics, and many other areas, Carey informs work on drug addiction, the long-term effects of famine, and the physical and psychological consequences of childhood trauma. Carey concludes with a discussion of the future directions for this research and its ability to improve human health and well-being.

Mind of the Athlete
Jarrod Spencer Ericsson 2016-07

Peak
Anders Ericsson 2016-04-05 "This book is a breakthrough, a lyrical, powerful, science-based narrative that actually shows us how to get better (much better) at the things we care about. Anybody who wants to get better at anything should read [Peak]. Rest assured that the book is not mere theory. Ericsson’s research focuses on the real world, and he explains in detail, with examples, how all of us can apply the principles of great performance in our work or in any other part of our lives.”—Fortune

Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory mavens. Peak 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 abilities. Whether you want to stand out at work, 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. “Ericsson’s research has revolutionized how we think about human achievement. If everyone would take the lessons of this book to heart, it could truly change the world.”—Joshua Foer, author of Moonwalking with Einstein

Breath from Salt
Bijal P. Trivedi 2020-09-08 Recommended by Bill Gates and included in GatesNotes "Elaborating on the science as well as the business behind the fight against cystic fibrosis, Trivedi captures the emotions of the families, doctors, and scientists involved in the clinical trials and the optimism that led to their eventual approval. The book informs work on drug addiction, the long-term effects of cystic fibrosis, once a ‘death sentence,’ became, for many, a manageable condition. This is a rewarding and challenging work.”

—Publishers Weekly

Cystic fibrosis was once a mysterious condition. This is a rewarding and challenging work.”

—Publishers Weekly

The immune system is our body’s essential defense network, a guardian vigilantly fighting illness, healing wounds, maintaining order and balance, and keeping us alive. It has been called the ‘‘central mystery of how our bodies’ components face an almost infinite array of threats. For all its astonishing complexity, however, the immune system can be easily compromised by fatigue, stress, toxins, advanced age, and poor nutrition—hallmarks of modern life—and even by excessive hygiene. Paradoxically, it is a fragile wonder weapon that can turn on our own bodies with startling results, leading today to epidemic levels of autoimmune disorders. An Elegant Defense effortlessly guides readers on a scientific detective tale winding from Albert Einstein’s stubborn refusal to the two thousand years of artificially induced immunity in vaccination and antibiotics, to today’s laboratories that are revolutionizing immunology—perhaps the most extraordinary and consequential medical story of our time. Drawing on extensive new interviews with dozens of world-renowned scientists, Richtel has produced a landmark book, equally an investigation into the deepest riddles of survival and a profoundly human tale that is movingly brought to life through the eyes of his four main characters, each of whom illuminates an essential facet of our ‘elegant defense’.

The Sports Gene
David J. Epstein 2013 A Sports Illustrated senior writer’s controversial exploration of the genetic underpinnings of athletic success explores the roles of both biology and training, arguing that nature and training are equally necessary components of athletic achievement while considering such topics as race, gender and genetic testing.

The Scientist as Rebel
Freeman Dyson 2014-08-26 From Galileo to today’s amateur astronomers, scientists have been rebels, writes Freeman Dyson. Like artists and poets, they are free spirits who resist the restrictions their cultures impose on them. In their pursuit of nature’s truths, they are guided as much by imagination as by reason, and their greatest theories have the uniqueness and beauty of great works of art. Dyson argues that the best way to understand science is by understanding those who practice it. He tells stories of scientists at work, ranging from Isaac Newton’s absorption in physics, alchemy, theology, and politics, to Albert Einstein’s stubborn hostility to the idea of black holes. His descriptions of brilliant physicists and mathematicians are enlivened by his own reminiscences of them. He looks with a skeptical eye at fashionable scientific fads and fantasies, and speculates on the future of climate prediction, genetic engineering, the colonization of space, and the possibility that paranormal phenomena may exist yet not be scientifically verifiable. Dyson also looks beyond particular scientific questions to reflect on broader philosophical issues, such as the limits of reductionism, the morality of strategic bombing and nuclear weapons, the preservation of the environment, and the relation between science and religion. These essays, by a distinguished physicist who is also a prolific writer, offer informed insights into the history of science and fresh perspectives on contentious current debates about science, ethics, and faith.

The Epigenetics Revolution
Nessa Carey 2012-03-06
before his first birthday. The gene and mutation responsible for CF were found in 1989—discoveries that promised to lead to a cure for kids like Joey. But treatments unexpectedly failed and CF was deemed incurable. It was only after the Cystic Fibrosis Foundation, a grassroots organization founded by parents, formed an unprecedented partnership with a fledgling biotech company that transformative leaps in drug development were harnessed to produce groundbreaking new treatments: pills that could fix the crippled protein at the root of this deadly disease.

From science writer Bijal P. Trivedi, Breath from Salt chronicles the riveting saga of cystic fibrosis, from its ancient origins to its identification in the dank autopsy room of a hospital basement, and from the CF gene’s celebrated status as a human disease genes ever discovered to the ground-breaking targeted genetic therapies that now promise to cure it. Told from the perspectives of the patients, families, physicians, scientists, and philanthropists fighting on the front lines, Breath from Salt is a remarkable story of unlikely scientific and medical firsts, of setbacks and successes, and of people who refused to give up hope—and a fascinating peek into the future of genetics and medicine.

Faster, Higher, Stronger Mark McClusky 2014 The Athlete’s Clock: How Biology and Time Affect Sport Performance offers an engaging, interdisciplinary consideration of some of the most compelling questions in sport and exercise science. This unique text takes a broad look at the physiological clock, offering students, researchers, coaches, and athletes a unique approach to understanding how various aspects of time affect sport performance. The Athlete’s Clock explores the ways in which time and its relationship to athletic effort can optimize sport performance. Readers can investigate challenging questions such as these: If physiological responses to training vary rhythmically throughout the day, what is the optimal time of day for training? If a coach thinks that a high stroke count leads to a better time in a particular swim event, should the athlete go with it? Or is it better to stick to a more intuitively normal cadence? Do endurance athletes consciously control their pacing, or are they under the control of unconscious processes within the central nervous system? In what ways do aging and rhythmic biological variations over time control athletic performance? Can athletes use cognitive strategies to subdue or overcome limits imposed by biological factors out of their control? Readers will find information on the mechanisms by which time influences physiological function—such as running speeds and muscle activation—and how those mechanisms can be used in extending the limits of motor activity. Chapter introductions cue readers to the ideas addressed in the chapter, and sidebars throughout present amusing or unusual examples of sport and timing within various contexts. Take the lead of each chapter to summarize important findings and research that readers may apply in their own lives. Addressing one of the most intriguing questions in sports, a conversational interview with athlete development expert, anthropologist, and sport scientist Bob Malina covers the timely topic of sport identification and talent development. The interview is an engaging discussion of how and when talent identification should take place and how talent development for young, promising athletes might proceed. The text also considers how time should influence motor function, particularly in the later years. The Athlete’s Clock: How Biology and Time Affect Sport Performance blends physiological, psychological, and philosophical perspectives to provide an intelligent and whimsical look at the effects of timing in sport and exercise. This text seeks to provoke thought and further research that look at the relationship between biology, time, and performance as well as an understanding of and appreciation for the intricacies of human potential.

The Champion’s Mind 2013-05-15 The #1 New York Times bestseller that has all America talking—with a new afterward on expanding your range—as seen on CNN’s Fareed Zakaria GPS, Morning Joe, CBS This Morning, and dozens of other shows. Champion’s Mind will help you shape your body to ensure a longer, healthier, happier lifetime. While the caliber of their games may differ, the world’s most successful athletes, artists, musicians, inventors, forecasters and medicine.

The Best 2020-09-15 THE BEST reveals how the most incredible sportspeople in the world get to the top and stay there. It is a unique look at the path to sporting greatness; a story of origins, practice, genetics and psychology. Packed with gripping personal stories and interviews with top athletes including Elena Delle Donne, Pete Sampras, Joey Votto, Steph Curry, Kurt Warner and Premier League star Jamie Carragher, it explains how the best athletes develop the extraordinary skills that allow them to perform remarkable feats under extreme pressure. The BEST uncovers startling truths of athletic greatness—including why younger siblings have more chance of becoming elite, which towns produce the most superstars, the role of informal play and the best time to be born in the school year. It goes inside the minds of champions to understand what makes them perform during high-octane competitions. These athletes prove that raw athletic ability doesn’t necessarily translate to a superior on-field experience—its the mental game that matters most. Sports participation—from the recreational to the collegiate Division I level—is at an all-time high. Whether the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In The Champion’s Mind, sports psychologist Jim Aftremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: How to get in a “zone,” thrive on a team, and stay humble How to progress within a sport and sustain long-term excellence Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world’s top trainers, The Champion’s Mind will help you shape your body to ensure a longer, healthier, happier lifetime.

Range 2021-04-27 David Epstein 2021-04-27 The #1 New York Times bestseller that has all America talking—with a new afterward on expanding your range—as seen on CNN’s Fareed Zakaria GPS, Morning Joe, CBS This Morning, and more. "The most important business—and parenting—book of the year." —Forbes “Urgent and important... an essential read for bosses, parents, coaches, and anyone who cares about improving performance.” —Daniel H. Pink Shortlisted for the Financial Times/Mckinsey Business Book of the Year Award Plenty of experts argue that anyone who wants to develop a skill, play an instrument, or lead their field should start early, focus intensely, and rack up as many hours of deliberate practice as possible. If you dabble, you’ll never catch up to the peripatetic geniuses who have spent a lifetime looking at research on the world’s top performers, from professional athletes to Nobel laureates, shows that early specialization is the exception, not the rule. David Epstein examined the world’s most successful athletes, artists, musicians, inventors, forecasters and
scientists. He discovered that in most fields—especially those that are complex and unpredictable—generalists, not specialists, are primed to excel. Generalists often find their path later, and they juggle many interests rather than focusing on one. They’re also more creative, more agile, and able to make connections their more specialized peers can’t see. Provocative, rigorous, and engaging, Range makes a compelling case for actively cultivating inefficiency. Failing a test is the best way to learn. Frequent quitters end up with the most fulfilling careers. The most impactful inventors cross domains rather than deepening their knowledge in a single area. As experts silo themselves further while computers master more of the skills once reserved for highly focused humans, people who think broadly and embrace diverse experiences and perspectives will increasingly thrive.

Why We Sleep Matthew Walker 2017-10-03 "Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming.--Amazon.com.

The Sports Gene David Epstein 2013-08-01 The New York Times bestseller—with a new afterword about early specialization in youth sports—by the author of Range: Why Generalists Triumph in a Specialized World. The debate is as old as physical competition. Are stars like Usain Bolt, Michael Phelps, and Serena Williams genetic freaks put on Earth to dominate their respective sports? Or are they simply normal people who overcame their biological limits through sheer force of will and obsessive training? In this controversial and engaging exploration of athletic success and the so-called 10,000-hour rule, David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving it. Through on-the-ground reporting from below the equator and above the Arctic Circle, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

Play Their Hearts Out George Dohrmann 2012 Traces the story of a talented young recruit, his coach, and his teammates to reveal the realities behind professional basketball and the sacrifices made by prodigy players and their families.

Sub 4:00 Chris Lear 2003-07-18 Provides a close-up portrait of champion runner Alan Webb, who in 2001, broke a thirty-six-year-old record by running the fastest mile in history, describing his efforts to stay focused despite life's many demands.

Molecular Exercise Physiology Henning Wackerhage 2014-02-24 Molecular Exercise Physiology: An Introduction is the first student-friendly textbook to be published on this key topic in contemporary sport and exercise science. The book introduces genetics and the molecular mechanisms by which exercise causes adaptation. The text is linked to real life sport and exercise science situations such as ‘what makes people good at distance running?’ , ‘what DNA sequence variations code for a high muscle mass?’ or ‘by what mechanisms does exercise improve type2 diabetes?’ The book includes a full range of useful features, such as summaries, definitions of key terms, guides to further reading, review questions, personal comments by molecular exercise pioneers (Booth, Bouchard) and leading researchers in the field and descriptions of research methods. A companion website offers interactive and downloadable resources for both student and lecturers. Structured around central themes in sport and exercise science, such as nutrition, endurance training, resistance training, exercise & chronic disease and ageing, this book is the perfect foundation around which to build a complete upper-level undergraduate or postgraduate course on molecular exercise physiology.

One Day Gene Weingarten 2020-09-08 "One of the 50 Best Nonfiction Books of the Last 25 Years"--Slate On New Year's Day 2013, two-time Pulitzer Prize winner Gene Weingarten asked three strangers to, literally, pluck a day, month, and year from a hat. That day—chosen completely at random—turned out to be Sunday, December 28, 1986, by any conventional measure a most ordinary day. Weingarten spent the next six years proving that there is no such thing. That Sunday between Christmas and New Year's turned out to be filled with comedy, tragedy, implausible irony, cosmic confluences, kindness, cruelty, cowardice, treachery, prejudice, selflessness, coincidence, and startling moments of human connection, along with evocative foreshadowing of momentous events yet to come. Lives were lost. Lives were saved. Lives were altered in overwhelming ways. Many of these events never made it into the news; they were private dramas in the lives of private people. They were utterly compelling. One Day asks and answers the question of whether there is such a thing as "ordinary" when we are talking about how we all lurch and stumble our way through the daily, daunting challenge of being human.

The Best Place to Work Ron Friedman, PhD 2014-12-02 For readers of Malcolm Gladwell, Daniel Pink, and Freakonomics, comes a captivating and surprising journey through the science of workplace excellence. Why do successful companies reward failure? What can casinos teach us about building a happy workplace? How do you design an office that enhances both attention and creativity? In The Best Place to Work, award-winning psychologist Ron Friedman, Ph.D. uses the latest research from the fields of motivation, creativity, behavioral economics, neuroscience, and management to reveal what really makes us successful at work. Combining powerful stories with cutting edge findings, Friedman shows leaders at every level how they can use scientifically-proven techniques to promote smarter thinking, greater innovation, and stronger performance. Among the many surprising insights, Friedman explains how learning to think like a hostage negotiator can help you diffuse a workplace argument, why placing a fish bowl near your desk can elevate your thinking, and how incorporating strategic distractions into your schedule can help you reach smarter decisions. Along the way, the book introduces the inventor who created the cubicle, the president who brought down the world’s most dangerous criminal, and the teenager who single-handedly transformed professional tennis—vivid stories that offer unexpected revelations on achieving workplace excellence. Brimming with counterintuitive insights and actionable recommendations, The Best Place to Work offers employees and executives alike game-changing advice for working smarter and turning any organization—regardless of its size, budgets, or ambitions—into an extraordinary workplace.

Wheelmen Reed Albergotti 2013-10-15 The first in-depth look at Lance Armstrong’s doping scandal, the phenomenal business success built on the back of fraud, and the greatest conspiracy in the history of sports Lance Armstrong won a record-smashing seven Tours de France after staring down cancer, and in the process became an international symbol of resilience and courage. In a sport constantly dogged by blood-doping scandals, he seemed above the fray. Then, in January 2013, the legend imploded. He admitted to using performance-enhancing drugs and in an interview with Oprah, described his "mythic, perfect story" as "one big lie." But his admission raised more questions than it answered—because he didn’t say who had helped him dope or how he skillfully avoided getting caught. The Wall Street Journal reporters Reed
Albergotti and Vanessa O’Connell broke the news at every turn. In Wheelmen they reveal the broader story of how Armstrong and his supporters used money, power, and cutting-edge science to conquer the world’s most difficult race. Wheelmen introduces U.S. Postal Service Team owner Thom Weisel, who in a brazen power play ousted USA Cycling’s top leadership and gained control of the sport in the United States, ensuring Armstrong’s dominance. Meanwhile, sponsors fought over contracts with Armstrong as the entire sport of cycling began to benefit from the “Lance effect.” What had been a quirky, working-class hobby became the pastime of the Masters of the Universe set. Wheelmen offers a riveting look at what happens when enigmatic genius breaks loose from the strictures of morality. It reveals the competitiveness and ingenuity that sparked blood-doping as an accepted practice, and shows how the Americans methodically constructed an international operation of spies and revolutionary technology to reach the top. It went on to become a New York Times Bestseller, a Wall Street Journal Business Bestseller, and win numerous awards, including a Gold Medal for the Axiom Business Book Awards. At last exposing the truth about Armstrong and American cycling, Wheelmen paints a living portrait of what is, without question, the greatest conspiracy in the history of sports.

Changing the Game  John O’Sullivan 2013-12-01 The modern day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John O’Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. Changing the Game gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids.

Relentless  Tim S. Grover  2013-04-16 An award-winning trainer draws on experience with such top athletes as Michael Jordan, Kobe Bryant and Ken Griffey, Jr. to explain how to tap dark competitive reflexes in order to succeed regardless of circumstances, explaining the importance of finding internal resources and harnessing the power of personal fears and instincts.