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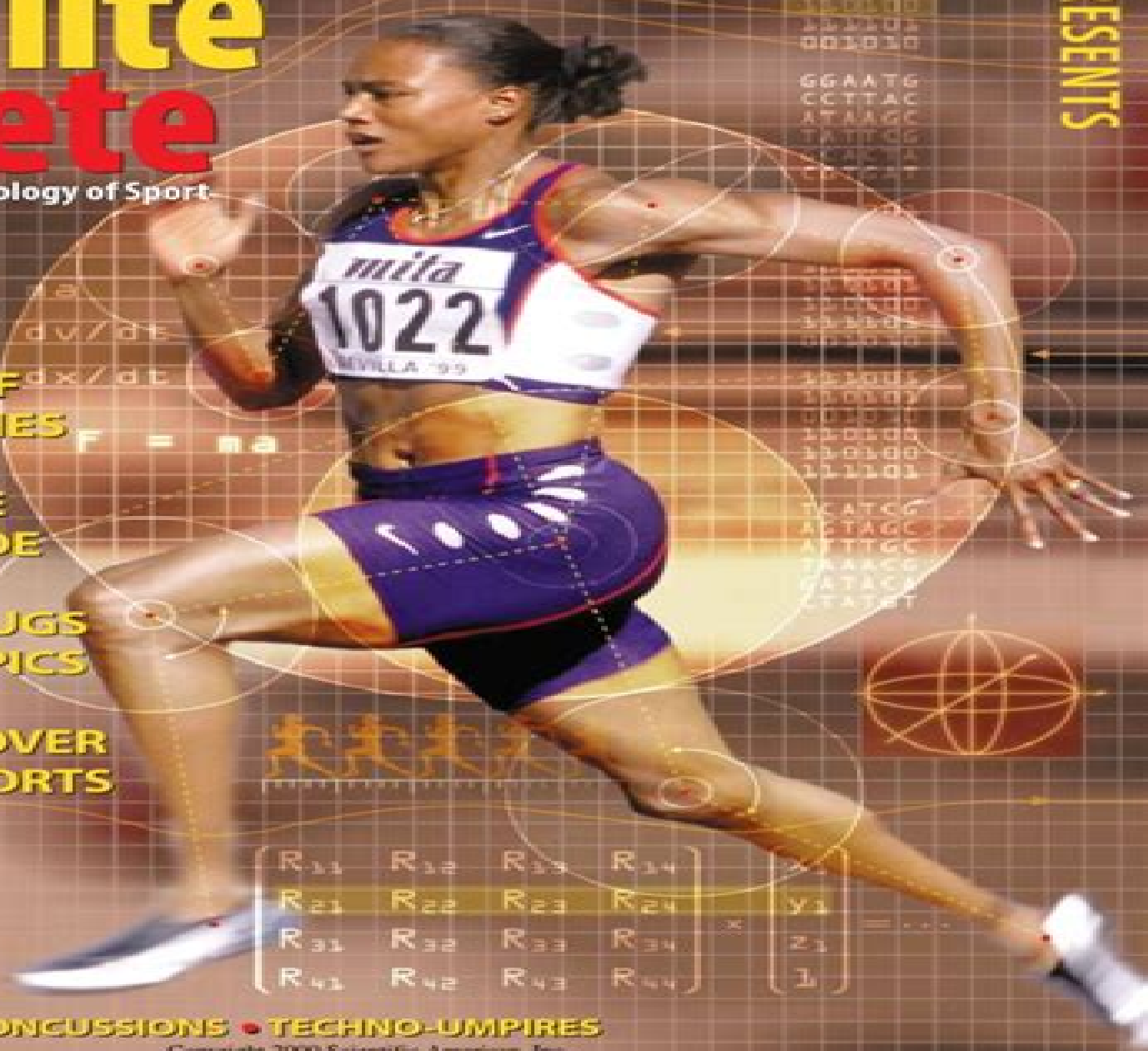
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Building The Elite Athlete Scientific American

Kerry L. Hull, Barbara Janson Cohen



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Scientific American, 2004 Become an Elite Mental Athlete David Silverstein, 2013-09-04

We train our physical bodies to excel at physical tasks. Why not train our minds to excel at mental tasks? Through the latest research in cognitive science and neuroscience, management and innovation expert David Silverstein explores how the brain's systems interconnect and how you can commit to building your brain and improving your mental game. In *Become an Elite Mental Athlete*, you'll discover what you need to put into your body to build your brain, ways to increase your stamina and cure mental fatigue, how to spot and avoid common decision-making traps, and how to train your memory and tighten your attention.

The Sports Gene David Epstein, 2014-04-29

The New York Times bestseller with a new afterword about early specialization in youth sports from 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.

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