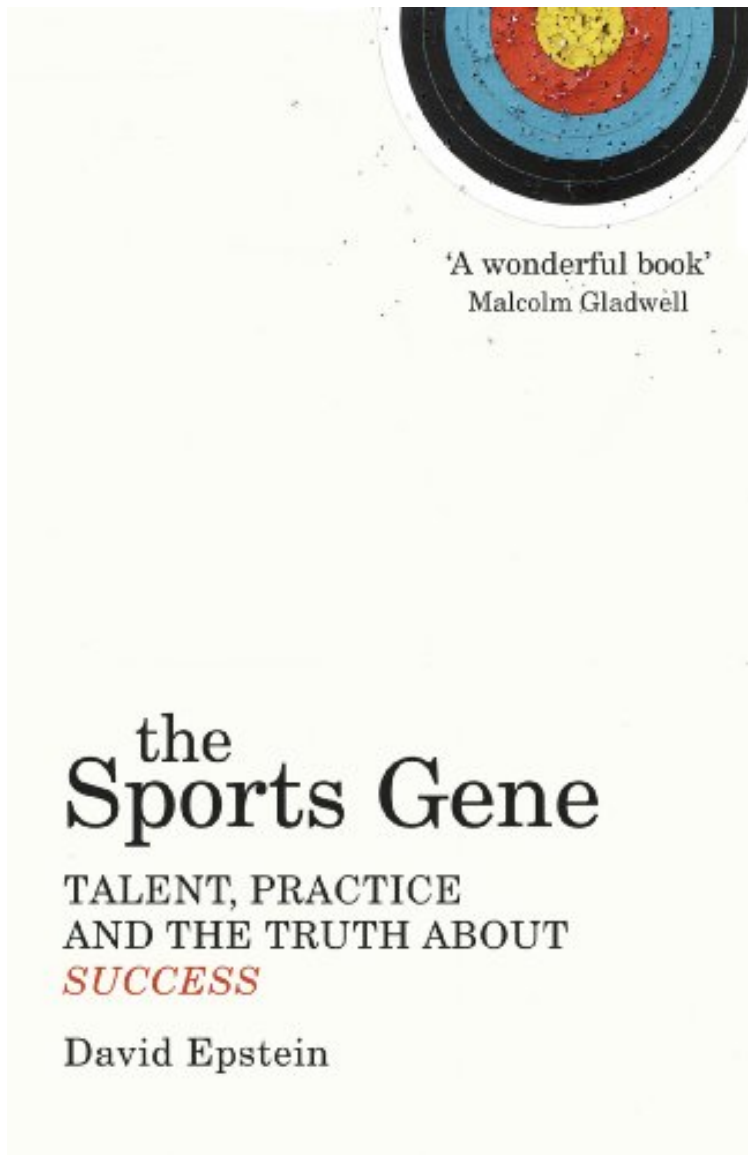


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The Sports Gene: Talent, Practice and the Truth About Success



Par David Epstein
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Description :

Prsentation de l'diteurIn this ground-breaking and entertaining exploration of athletic success, award-winning writer David Epstein gets to the heart of the great nature vs. nurture debate, and explodes myths about how and why humans excel. Along the way, Epstein exposes the flaws in the so-called 10,000-hour rule that states that rigorous practice from a young age is the only route to success. He shows why some skills that we imagine are innate are not like the bullet-fast reactions of a baseball player and why other characteristics that we assume are entirely voluntary, like the motivation to practice, might in fact have

important genetic components. Throughout, *The Sports Gene* forces us to rethink the very nature of success. *Revue de presse* I can't remember a book that has fascinated, educated and provoked me as much as *The Sports Gene*. Epstein has changed forever the way we measure elite athletes and their achievements. Malcolm Gladwell Clear, vivid, and thought-provoking writing that cuts through science anxiety for rank-and-file sports fans. Bonnie Ford, Senior Writer, ESPN Many researchers and writers are reluctant to tackle genetic issues because they fear the quicksand of racial and ethnic stereotyping. To his credit, Epstein does not flinch. *The Washington Post* Epstein's rigour in seeking answers and insights is as impressive as the air miles he must have accumulated . . . his book is dazzling and illuminating. *The Guardian* Few will put down this deliciously contrarian exploration of great athletic feats. Kirkus (Starred) The narrative follows Mr. Epstein's search for the roots of elite sport performance as he encounters characters and stories so engrossing that readers may not realize they're receiving an advanced course in genetics, physiology, and sports medicine. Christie Aschwanden, *The New York Times* An important book . . . *The Sports Gene* is bound to put the cat among the pigeons in the blank-slate crowd who think that we can all be equal as long as we equalize environmental inputs such as practice. Michael Shermer, *The Wall Street Journal* This is the book I've been waiting for since the early 1960s. I can't imagine that anyone interested in sports particularly the fascinating question, How do the best athletes become the best? will be any less enthralled than I. Amby Burfoot, (1968 Boston Marathon Champion), *Runner's World* A must-read for athletes, parents, coaches, and anyone who wants to know what it takes to be great. George Dohrmann, author of *Play Their Hearts Out* *Présentation de l'auteur* In this ground-breaking and entertaining exploration of athletic success, award-winning writer David Epstein gets to the heart of the great nature vs. nurture debate, and explodes myths about how and why humans excel. Along the way, Epstein exposes the flaws in the so-called 10,000-hour rule that states that rigorous practice from a young age is the only route to success. He shows why some skills that we imagine are innate are not like the bullet-fast reactions of a baseball player and why other characteristics that we assume are entirely voluntary, like the motivation to practice, might in fact have important genetic components. Throughout, *The Sports Gene* forces us to rethink the very nature of success.