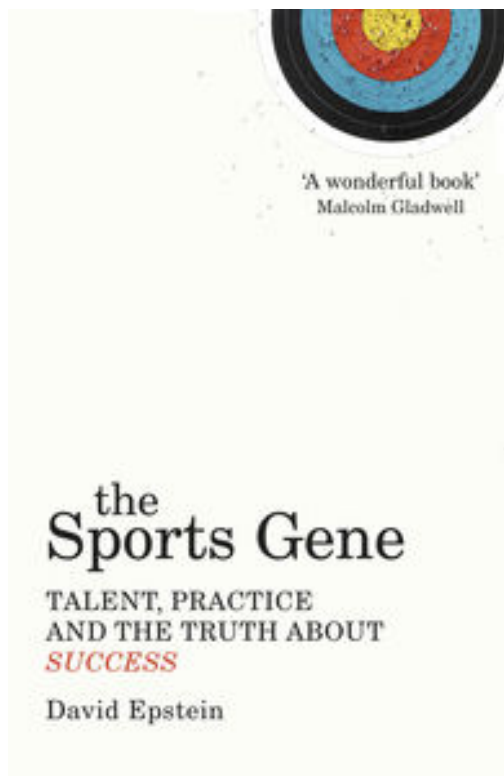


Download Online Boek Nederlands The Sports Gene - David Epstein



Download online boek Nederlands The Sports Gene David Epstein , 'A wonderful book. Thoughtful...fascinating' Malcolm Gladwell

Do you believe some people are born athletes?

Is sporting talent innate or something that can be achieved through endurance and practise?

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.

- Shows why some skills that we imagine are innate are not - like the bullet-fast reactions of a baseball player.

- Uncovers 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.

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