

## The Sports Gene Inside The Science Of Extraordinary Athletic Performance

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### The Sports Gene Inside The

The Sports Gene: Inside the Science of Extraordinary Athletic Performance [Epstein, David] on Amazon.com. \*FREE\* shipping on qualifying offers.

The Sports Gene: Inside the Science of Extraordinary Athletic Performance

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The Sports Gene Inside the Science of Extraordinary Athletic Performance “ 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.

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The Sports Gene NPR coverage of The Sports Gene: Inside the Science of Extraordinary Athletic Performance by David Epstein. News, author interviews, critics' picks and more.

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The Sports Gene: Inside the Science of Extraordinary Athletic Performance David Epstein. Now a New York Times Bestseller! In high school, I wondered whether the Jamaican Americans who made our track team so successful might carry some special speed gene from their tiny island. In college, I ran against Kenyans, and wondered whether endurance ...

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### **The Sports Gene: Inside the Science of Extraordinary ...**

The Sports Gene is a nonfiction book written by David Epstein, at the time a senior writer for Sports Illustrated, on the effects of genetics and sports training on human athleticism. Through investigative journalism, Epstein takes the reader through his experiences regarding what makes the difference between an amateur and a pro-athlete. The book was published in August 2013 by Penguin Books.

### **The Sports Gene - Wikipedia**

The Sports Gene: Inside the Science of Extraordinary Athletic Performance. by David Epstein. 4.18 avg. rating · 8940 Ratings. Now a New York Times Bestseller! With a new chapter added to the paperback.

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The Sports Gene: Inside the Science of Extraordinary Athletic Performance: Author: David Epstein: Publisher: Penguin, 2013: ISBN: 1101622636, 9781101622636: Length: 352 pages: Subjects: Sports & Recreation > Coaching > General. Health & Fitness / Exercise Science / Life Sciences / Human Anatomy & Physiology Sports & Recreation / Coaching ...

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The Sports Gene: Inside the Science of Extraordinary Athletic Performance Paperback – 29 April 2014 by David Epstein (Author) 4.7 out of 5 stars 545 ratings #1 Best Seller in Sports Training & Coaching

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When we look at the science, though--as sports writer David Epstein does in his new book The Sports Gene: Inside the Science of Extraordinary Athletic Performance--we find that the story is much more complicated than this.

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Get this from a library! The sports gene : inside the science of extraordinary athletic performance. [David J Epstein] -- Explores the roles of both genetics and training in athletic success, arguing that both are equally necessary components of athletic achievement while considering such topics as race, gender, and ...

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" The Sports Gene, written for top athletes and just plain weekend duffers (one of whom tests the bounds of all things human to try to become a pro golfer), is a story told elegantly and with David Epstein's indefatigable powers of investigation. Do elite athletes have innate gifts or can they be produced?

**Summary and reviews of The Sports Gene by David Epstein**

The Sports Gene: Inside the Science of Extraordinary Athletic Performance. David J. Epstein. Penguin, 2014 - Health & Fitness - 352 pages. 6 Reviews. 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 Sports Gene: Inside the Science of Extraordinary ...**

The Sports Gene takes a look at the physiological traits that are beneficial in various sports, and at their hereditary background. It also examines why people in certain parts of the world have evolved in their particular way, and how this is beneficial in the realm of certain sports.

**The Sports Gene by David Epstein**

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