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"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

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care about."--Seth
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Linchpin. "Anyone who
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anything should read [Peak].

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Peak: Secrets from the
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Robert Pool | Editorial
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Acquisition of Expertise
Performance in the Arts
and Sciences, Sports
and Games, 2014,
etc.), assisted in this
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Pool (Beyond
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Technology, 1999,
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**Peak: Secrets from
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Books**

Peak: Secrets from the New Science of Expertise is a 2016 science book by psychologist K. Anders Ericsson and science writer Robert Pool. The book summarizes the findings of Ericsson's 30-year research into the general nature and acquisition of expertise. Intended for

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a lay audience, Peak is an expository book on deliberate practice, a term coined by Ericsson to refer to the specific learning method used by experts to achieve superior performance in their fields, and mental representations.

**Peak: Secrets from
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Here's quick summary/notes of some key points from Peak: Secrets from the New Science of Expertise by Anders Ericsson and Robert Pool. Perfect pitch is a perfect example of something that appears to be an innate gift, but is actually explainable by specific training.

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Read this Peak
summary to review key
takeaways and lessons
from the book. ...

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Ericsson has made a
career studying top
performers. ... Recent
studies have shown
that learning a new

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skill is much more ...

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...

Popular highlights from
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Ericsson and Robert
Pool "Purposeful
practice requires
getting out of one's
comfort zone. This is
perhaps the most
important part of

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purposeful practice.”
559 popular highlights
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empowering,
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Ericsson (Book
Summary) Anders
Ericsson is the world's
leading scientist on
elite performance and

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deliberate practice. His research involves finding expert performers who can reliably do things that others can't, and then figuring out how they're able to do it.

**Peak: Secrets from
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...

Description of Peak by
Anders Ericsson ePub.
"Peak: Secrets from
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Expertise” is a comprehensive and insightful book for anyone interested in practical methods to improve skills. Anders Ericsson and Robert Pool are the authors of this classy book. This book was incredibly fascinating. Ericsson details the science behind developing expertise using a purposeful practice that equips people with skills rather than

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simply knowledge.

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Peak: Secrets From the New Science of Expertise explores how humans develop skills and the process by which peak performers in music, athletics, and countless other fields develop their abilities.

Peak Book Summary

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Expertise by Anders Ericsson & Robert Pool
· RELEASE DATE: April 5, 2016. Challenging the notion that talent is innate. "The most important gifts we can give our children are confidence in their ability to remake themselves again and again and the tools with which to do that job," writes Ericsson (Psychology/Florida State Univ.; editor: The

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Road to Excellence:
The Acquisition of
Expertise Performance
in the Arts and
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Reviews**

Peak: Secrets from the
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Expertise. (Inglês)
Capa comum - 11 Abril
2017. por Anders
Ericsson (Autor),
Robert Pool (Autor) 4,6
de 5 estrelas 405

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classificações. Ver todos os 2 formatos e edições. Ocultar outros formatos e edições.

Peak: Secrets from the New Science of Expertise - Livros ...

Pages: 336 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."--Seth Godin,

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author of

Linchpin"Anyone who wants to get better at anything should read [Peak]. Rest assured that the book is not mere theory. Ericss

Peak: Secrets from the New Science of Expertise ...

Before passing away earlier this year, Dr. Anders Ericsson was the cognitive psychologist who discovered that

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deliberate practice, not natural talent, is the key to developing expertise. He was the co-author of Peak: Secrets From The New Science Of Expertise.

**Dr. Anders Ericsson |
Secrets from the
New Science of ...**

Peak condenses three decades of original research to introduce an incredibly powerful approach to learning that is fundamentally

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different from the way people traditionally think about acquiring a skill. Ericsson's findings have been lauded and debated but never properly explained.

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