



## The Sports Gene: Inside the Science of Extraordinary Athletic Performance

By Epstein, David

Current, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "There has been nothing like this: a strong yet accessible review of the science and genetics of sports wrapped in personal stories. It will cause readers of all stripes to question their assumptions about just what it takes to become an elite athlete." STEPHEN M. ROTH, exercise physiologist and director of the Functional Genomics Lab, University of Maryland "Truly a groundbreaking work, contemporary sports journalism at its best. After reading Epstein's superb book by turns a travelogue, highly readable primer on sports science, and string of who knew? anecdotes you will never watch sports the same way again." L. JON WERTHEIM, coauthor of Scorecasting "In The Sports Gene David Epstein blows up the notion that 10,000 hours is all that is required for dominance in a sport and reveals the true complexity behind excellence." DARYL MOREY, Houston Rockets general manager; cofounder of the MIT Sloan Sports Analytics Conference "Step by surprising step, David Epstein takes our hand, grips our mind, and leads us deeper and deeper into the fascinating jungle of sports and genetics . . . until we finally begin to see the miracle we've..."



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### Reviews

*It is an awesome publication which i actually have ever read through. it had been written really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.*

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*This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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