

PDF | Peak: Secrets from the New Science of Expertise

by Anders Ericsson and Robert Pool

PEAK

SECRETS FROM THE NEW SCIENCE OF EXPERTISE

Anders Ericsson
and Robert Pool

"[Peak] offers an optimistic anti-determinism that ought to influence how people educate children, manage employees, and spend their time. The good news is that to excel one need only look within." —*THE ECONOMIST*

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Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory mavens. *Peak* distills three decades of myth-shattering research into a powerful learning strategy that is fundamentally different from the way people traditionally think about acquiring new abilities. Whether you want to stand out at work, improve your athletic or musical performance, or help your child achieve academic goals, Ericsson's revolutionary methods will show you how to improve at almost any skill that matters to you.

"The science of excellence can be divided into two eras: before Ericsson and after Ericsson. His groundbreaking work, captured in this brilliantly useful book, provides us with a blueprint for achieving the most important and life-changing work possible: to become a little bit better each day."—Dan Coyle, author of *The Talent Code*

"Ericsson's research has revolutionized how we think about human achievement. If everyone would take the lessons of this book to heart, it could truly change the world."—Joshua Foer, author of *Moonwalking with Einstein*



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