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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.

Peak: Secrets from the New Science of Expertise Summary

1-Page Summary 1-Page Book Summary of Peak . 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. While it may seem as though figures like Chopin, Beethoven, or Roger Federer rely solely on an innate talent that

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Peak Book Summary by Anders Ericsson -  
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Popular highlights from Peak: Secrets  
from the New Science of Expertise by  
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□ Purposeful practice requires getting out of  
one's comfort zone. This is perhaps the  
most important part of purposeful  
practice. □ 559 popular highlights (the  
number of popular highlights at the time of  
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Summary of Peak: Secrets from the New  
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Peak: Secrets from the New Science of Expertise  
I rarely buy the same book in three different formats [Physical, Kindle, Audiobook]. The recent one I made a triple purchase was for the book Peak.



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Peak: Secrets from the New Science of Expertise

PEAK: Secrets from the new science of expertise. Secrets from the new science of expertise. Peak in the News. "This is an empowering, encouraging work that will challenge readers to reach for excellence."  
- Publishers Weekly.

[peakthebook.com](http://peakthebook.com) - Home

Peak: Secrets from the New Science of Expertise, by Anders Ericsson and Robert Pool (Eamon Dolan/Houghton Mifflin Harcourt, 336 pp., \$28). Why do some people achieve outside success? Given the competitive nature of the modern world, it's a question many have spent time thinking about.

Practice Makes . . . Better: Talent helps, too. | City Journal

Peak: Secrets from the New Science of

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Expertise by Anders Ericsson (Book Summary) Anders Ericsson is the world's leading scientist on elite performance and 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 the New Science of Expertise by Anders ...

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.

Peak: Secrets from the New Science of Expertise - Wikipedia

Peak: Secrets from the New Science of Expertise 336. by Anders Ericsson, Robert

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Pool | Editorial Reviews. ... The Road to Excellence: The Acquisition of Expertise Performance in the Arts and Sciences, Sports and Games, 2014, etc.), assisted in this book by science writer Pool (Beyond Engineering: How Society Shapes Technology, 1999, etc.). ...

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

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

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Mike Lauria set up an interview with Dr. K. Anders Ericsson, first author of *Peak: Secrets from the New Science of Expertise*. Dr. Ericsson is a brilliant cognitive psychologist, currently at the Florida State. He has dedicated his career to studying the science of expertise and performance.

EMCrit Podcast 211 - Expertise with  
Anders Ericsson

*Peak: Secrets from the New Science of Expertise* □ Book Review Everyone wants to be at the top of their profession and field, but how do we get there? The main premise of *Peak*, by Anders Ericsson,...

*Peak: Secrets from the New Science of Expertise* □ Book ...

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 ...

Buy *Peak: Secrets from the New Science of Expertise* by Ericsson, Anders (ISBN: 9780544456235) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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*Peak: Secrets from the New Science of Expertise* User Review - Publishers Weekly  
Psychologist Ericsson (*The Road to Excellence*) and science writer Pool (*Beyond Engineering*) skillfully examine the...

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