

## Peak: Secrets from the New Science of Expertise

By Anders Ericsson, Robert Pool

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**Peak: Secrets from the New Science of Expertise** By Anders Ericsson, Robert Pool

**From the world's reigning expert on expertise comes a powerful new approach to mastering almost any skill.**

Have you ever wanted to learn a language or pick up an instrument, only to become too daunted by the task at hand? Expert performance guru Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory mavens. *Peak* condenses three decades of original research to introduce an incredibly powerful approach to learning that is fundamentally different from the way people traditionally think about acquiring a skill.

Ericsson's findings have been lauded and debated, but never properly explained. So the idea of expertise still intimidates us — we believe we need innate talent to excel, or think excelling seems prohibitively difficult.

*Peak* belies both of these notions, proving that almost all of us have the seeds of excellence within us — it's just a question of nurturing them by reducing expertise to a discrete series of attainable practices. *Peak* offers invaluable, often counterintuitive, advice on setting goals, getting feedback, identifying patterns, and motivating yourself. Whether you want to stand out at work, or help your kid achieve academic goals, Ericsson's revolutionary methods will show you how to master nearly anything.

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### Editorial Review

#### Review

“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**, author of *Linchpin*

“Most ‘important’ books aren’t much fun to read. Most fun books aren’t very important. But with *Peak*, Anders Ericsson (with great work from Robert Pool) has hit the daily double. After all, who among us doesn’t want to learn how to get better at life? A remarkable distillation of a remarkable lifetime of work.” —**Stephen J. Dubner**, coauthor of *Freakonomics* and *Superfreakonomics*

“Ericsson’s research has revolutionized how we think about human achievement. He has found that what separates the best of us from the rest is not innate talent but simply the right kind of training and practice. If everyone would take the lessons of this book to heart, it could truly change the world.” —**Joshua Foer**, author of *Moonwalking with Einstein*

“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*

“Wonderful. I can’t think of a better book for a popular audience written on any topic in psychology.” —**Daniel Willingham**, professor of psychology at the University of Virginia and author of *Why Don’t Students Like School?*

“[*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**

“All good leaders want to get better, and anyone who wants to get better at anything should read [*Peak*]. Rest assured that the book is not mere theory. Ericsson’s research focuses on the real world, and he explains in detail, with examples, how all of us can apply the principles of great performance in our work or in any other part of our lives.” — **Fortune**

“This is an empowering, encouraging work that will challenge readers to reach for excellence.” —**Publishers Weekly**

“[Ericsson] makes a strong case that success in today’s world requires a focus on practical performance, not just the accumulation of information. Especially informative for parents and educators in preparing children for the challenges ahead.” —**Kirkus Reviews**

#### From the Inside Flap

From the world’s reigning expert on expertise comes a powerful new approach to mastering almost any skill. 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.

Ericsson's findings have been lauded and debated, but never properly explained. So the idea of expertise still intimidates us: we believe we need innate talent to excel, or think excelling seems prohibitively difficult. *Peak* believes both of these notions, proving that virtually all of us have the seeds of excellence within us: it's just a question of nurturing them properly. *Peak* offers invaluable, often counterintuitive advice on setting goals, getting feedback, identifying patterns, and motivating yourself. Whether you want to stand out at work, improve your athletic performance, or help your child achieve academic goals, Ericsson's revolutionary methods will show you how to improve almost any skill that matters to you.

*Peak* offers more than just practical guidance, though. It demystifies the feats of many outstanding performers, from musical virtuosos to science prodigies to brain surgeons to entrepreneurs to professional athletes. It also offers compelling evidence that our schools are taking the wrong approach to education. And it shows us a convincing new view of the enormous potential we all possess.

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From the Back Cover

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Ericsson's research has revolutionized how we think about human achievement. He has found that what separates the best of us from the rest is not innate talent but simply the right kind of training and practice. 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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## Users Review

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**Tanisha Goss:**

The e-book with title *Peak: Secrets from the New Science of Expertise* possesses a lot of information that you can understand it. You can get a lot of help after read this book. That book exist new information the information that exist in this e-book represented the condition of the world at this point. That is important to you to know how the improvement of the world. That book will bring you within new era of the global growth. You can read the e-book with your smart phone, so you can read this anywhere you want.

**Judith Craig:**

Why? Because this *Peak: Secrets from the New Science of Expertise* is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will shock you with the secret the item inside. Reading this book close to it was fantastic author who all write the book in such incredible way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So, it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book get such as help improving your talent and your critical thinking

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**Norman Ross:**

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