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The Sports Gene Wikipedia

The Sports Gene is a book written by David Epstein, at the time a senior writer for Sports Illustrated, on the effects of genetics and sports training on human athleticism. Through investigative journalism, Epstein takes the reader through his experiences regarding what makes the difference between an amateur and a pro-athlete. The book was published in August 2013 by Penguin Books.

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David Epstein The Sports Gene

In this episode I talk with David Epstein, author of The Sports Gene: Inside the Science of Extraordinary Athletic Performance. We talk about the role that genetics play in athleticism. We discuss

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The Sports Gene Summary David Epstein PDF Download

He doesn't shy away from uncomfortable discussions of race in sports; he addresses this touchy topic and others in a tactful, respectful way. A writer at Sports Illustrated, Epstein clearly conveys complex technical concepts, and he offers a view of performance and training, which managers in other fields may find illuminating.

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David Epstein Are athletes really getting faster better

When you look at sporting achievements over the last decades, it seems like humans have gotten faster, better and stronger in nearly every way. Yet as David Epstein points out in this delightfully counter-intuitive talk, we might want to lay off the self-congratulation. Many factors are at play in shattering athletic records, and the

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Talent Lies Within But Where The New York Times

David Epstein, who has written a new book called The Sports Gene, searches for answers about athletic ability and our genes. Published On Aug. 13, 2013

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The Sports Gene David Epstein terrashop de

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