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The Sports Gene: David Epstein on the Science Behind a Great Athlete ~~Podcast #153 - David Epstein on the Sports Gene \u0026 the Science of Extraordinary Performance Sports Gene Intro StarTalk Sports Edition: Baseball Science with Bill Nye Book Talk: \"A Few Seconds of Panic\" and \"The Sports Gene\" The Sports Gene - Don't Specialize Too Soon The Sports Gene Inside Science~~

When we look at the science, though--as sports writer David Epstein

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does in his new book *The Sports Gene: Inside the Science of Extraordinary Athletic Performance*--we find that the story is much more complicated than this.

*The Sports Gene: Inside the Science of Extraordinary ...*

*The Sports Gene: Inside the Science of Extraordinary Athletic Performance* by David Epstein "*The Sports Gene*" is an enjoyable book that shares the latest of modern genetic research as it relates to elite athleticism. In the never-ending quest to settle the debate of nature versus nurture, David Epstein takes the readers on a journey into sports and tries to answer how much does each contribute.

*The Sports Gene: Inside the Science of Extraordinary ...*

Sports scientists have gradually entered the era of modern genetic research. In this controversial and engaging exploration of athletic success, *Sports Illustrated* senior writer David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving this great riddle. He investigates the so-called 10,000-hour rule to uncover whether rigorous and consistent practice from a young age is the only route to athletic excellence.

9781591845119: *The Sports Gene: Inside the Science of ...*

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Sports & Recreation - 352 pages. 8 Reviews. The New York Times...

The Sports Gene: Inside the Science of Extraordinary ...  
The Sports Gene is a nonfiction 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

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experiences regarding what makes the difference between an amateur and a pro-athlete. The book was published in August 2013 by Penguin Books.

The Sports Gene - Wikipedia

The title implies that there may be a "sports gene" (whatever that combination of words might mean), but the book is serious reportage of the interaction of some kinds of inherited characteristics (presumably expressions of genes) and training that seems to take advantage of them.

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The Sports Gene (Hardcover) Inside the Science of Extraordinary Athletic Performance. By David Epstein. Current, 9781591845119, 352pp. Publication Date: August 1, 2013. Other Editions of This Title: Digital Audiobook (7/31/2013) Paperback (4/29/2014) Prebound (4/29/2014) Pre-Recorded Audio Player (2/2/2014) Compact Disc (1/1/2014)

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