

# The Sports Gene Inside Science Of Extraordinary Athletic Performance David Epstein

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**The Adventures of Johnny Bunko** Daniel H. Pink 2008-04-01 Look out for Daniel Pink’s new book, When: The Scientific Secrets of Perfect Timing From Daniel H. Pink, the #1 bestselling author of Drive and To Sell Is Human, comes an illustrated guide to landing your first job in The Adventures of Johnny Bunko: The Last Career Guide You’ll Ever Need. There’s never been a career guide like The Adventures of Johnny Bunko by Daniel H. Pink (author of To Sell Is Human: The Surprising Truth About Motivating Others). Told in manga—the Japanese comic book format that’s an international sensation—it’s the fully illustrated story of a young Everyman just out of college who lands his first job. Johnny Bunko is new to the Boggs Corp., and he stumbles through his early months as a working stiff until a crisis prompts him to rethink his approach. Step by step he builds a career, illustrating as he does the six core lessons of finding, keeping, and flourishing in satisfying work. A groundbreaking guide to surviving and flourishing in any career, The Adventures of Johnny Bunko is smart, engaging and insightful, and offers practical advice for anyone looking for a life of rewarding work.

**The Secret Body** Daniel M. Davis 2021-08-24 “A perfect blend of cutting-edge science and compelling storytelling.”—Bill Bryson A revolutionary new vision of human biology and the scientific breakthroughs that will transform our lives Imagine knowing years in advance whether you are likely to get cancer or having a personalized understanding of your individual genes, organs, and cells. Imagine being able to monitor your body’s well-being, or have a diet tailored to your microbiome. The Secret Body reveals how these and other stunning breakthroughs and technologies are transforming our understanding of how the human body works, what it is capable of, how to protect it from disease, and how we might manipulate it in the future. Taking readers to the cutting edge of research, Daniel Davis shows how radical new possibilities are becoming realities thanks to the visionary efforts of scientists who are revealing the invisible and secret universe within each of us. Focusing on six important frontiers, Davis describes what we are learning about cells, the development of the fetus, the body’s immune system, the brain, the microbiome, and the genome—areas of human biology that are usually understood in isolation. Bringing them together here for the first time, Davis offers a new vision of the human body as a biological wonder of dizzying complexity and possibility. Written by an award-winning scientist at the forefront of this adventure, The Secret Body is a gripping drama of discovery and a landmark account of the dawning revolution in human health.

**Breath from Salt** Bijal P. Trivedi 2020-09-08 Recommended by Bill Gates and included in GatesNotes “Elaborating on the science as well as the business behind the fight against cystic fibrosis, Trivedi captures the emotions of the families, doctors, and scientists involved in the clinical trials and their ‘weeping with joy’ as new drugs are approved, and shows how cystic fibrosis, once a ‘death sentence,’ became, for many, a manageable condition. This is a rewarding and challenging work.” —Publishers Weekly Cystic fibrosis was once a mysterious disease that killed infants and children. Now it could be the key to healing millions with genetic diseases of every type—from Alzheimer’s and Parkinson’s to diabetes and sickle cell anemia. In 1974, Joey O’Donnell was born with strange symptoms. His insatiable appetite, incessant vomiting, and a relentless cough—which shook his tiny, fragile body and made it difficult to draw breath—confounded doctors and caused his parents agonizing, sleepless nights. After six sickly months, his salty skin provided the critical clue: he was one of thousands of Americans with cystic fibrosis, an inherited lung disorder that would most likely kill him before his first birthday. The gene and mutation responsible for CF were found in 1989—discoveries that promised to lead to a cure for kids like Joey. But treatments unexpectedly failed and CF was deemed incurable. It was only after the Cystic Fibrosis Foundation, a grassroots organization founded by parents, formed an unprecedented partnership with a fledgling biotech company that transformative leaps in drug development were harnessed to produce groundbreaking new treatments: pills that could fix the crippled protein at the root of this deadly disease. From science writer Bijal P. Trivedi, *Breath from Salt* chronicles the riveting saga of cystic fibrosis, from its ancient origins to its identification in the dank autopsy room of a hospital basement, and from the CF gene’s celebrated status as one of the first human disease genes ever discovered to the groundbreaking targeted genetic therapies that now promise to cure it. Told from the perspectives of the patients, families, physicians, scientists, and philanthropists fighting on the front lines, *Breath from Salt* is a remarkable story of unlikely scientific and medical firsts, of setbacks and successes, and of people who refused to give up hope—and a fascinating peek into the future of genetics and medicine.

**The Water Book** Alok Jha 2015-05-21 Water is the most every day of substances. It pours from our taps and falls from the sky. We drink it, wash with it, and couldn’t live without it. Yet, on closer examination it is also a very strange substance (it is one of only a very small number of molecules which expand when cooled). Look closer again and water reveals itself as a key to a scientific story on the biggest of canvases. Water is crucial to our survival - life depends on it - but it was also fundamental in the origins of life on Earth. The millions of gallons of water which make up our rivers, lakes and oceans, originated in outer space. How it arrived here and how those molecules of water were formed, is a story which takes us back to the beginning of the universe. Indeed, we know more about the depths of space than we do about the furthest reaches of the oceans. Water has also shaped the world we live in. Whether it is by gently carving the Grand Canyon over millennia, or in shaping how civilisations were built; we have settled our cities along rivers and coasts. Scientific studies show how we feel calmer and more relaxed when next to water. We holiday by the seas and lakes. Yet one day soon wars may be fought over access to water. The Water Book will change the way you look at water. After reading it you will be able to hold a glass of water up to the light and see within it a strange molecule that connects you to the origins of life, the birth (and death) of the universe, and to everyone who ever lived.

**Cirque Du Freak** Darren Shan 2000 The chilling Saga of Darren Shan, the ordinary schoolboy plunged into the vampire world.

**Molecular Exercise Physiology** Henning Wackerhage 2014-02-24 Molecular Exercise Physiology: An Introduction is the first student-friendly textbook to be published on this key topic in contemporary sport and exercise science. It introduces sport and exercise genetics and the molecular mechanisms by which exercise causes adaptation. The text is linked to real life sport and exercise science situations such as ‘what makes people good at distance running?’, ‘what DNA sequence variations code for a high muscle mass?’ or ‘by what mechanisms does exercise improve type2 diabetes?’ The book includes a full range of useful features, such as summaries, definitions of key terms, guides to further reading, review questions, personal comments by molecular exercise pioneers (Booth, Bouchard) and leading research in the field, as well as descriptions of research methods. A companion website offers interactive and downloadable resources for both student and lecturers. Structured around central themes in sport and exercise science, such as nutrition, endurance training, resistance training, exercise & chronic disease and ageing, this book is the perfect foundation around which to build a complete upper-level undergraduate or postgraduate course on molecular exercise physiology.

**The Gene** Siddhartha Mukherjee 2016-06-02 \*\* NEW YORK TIMES NUMBER ONE BESTSELLER \*\* The Gene is the story of one of the most powerful and dangerous ideas in our history from the author of The Emperor of All Maladies. The story begins in an Augustinian abbey in 1856, and takes the reader from Darwin’s groundbreaking theory of evolution, to the horrors of Nazi eugenics, to present day and beyond - as we learn to “read” and “write” the human genome that unleashes the potential to change the fates and identities of our children. Majestic in its scope and ambition, The Gene provides us with a definitive account of the epic history of the quest to decipher the master-code that makes and defines humans - and paints a fascinating vision of both humanity’s past and future. For fans of Sapiens by Yuval Noah Harari, A Brief History of Time by Stephen Hawking and Being Mortal by Atul Gawande. ‘Siddhartha Mukherjee is the perfect person to guide us through the past, present, and future of genome science’ Bill Gates ‘A thrilling and comprehensive account of what seems certain to be the most radical, controversial and, to borrow from the subtitle, intimate science of our time...Read this book and steel yourself for what comes next’ Sunday Times

**Dark Horse** Todd Rose 2020-04-14 For generations, we’ve been stuck with a cookie-cutter mold for success that requires us to be the same as everyone else, only better. This “standard formula” works for some people but leaves most of us feeling disengaged and frustrated. As much as we might dislike the standard formula,

it seems like there’s no other practical path to financial security and a fulfilling life. But what if there is? In the Dark Horse Project at the Harvard Graduate School of Education, bestselling author and acclaimed thought leader Todd Rose and neuroscientist Ogi Ogas studied women and men who achieved impressive success even though nobody saw them coming. Dark horses blaze their own trail to a life of happiness and prosperity. Yet what is so remarkable is that hidden inside their seemingly one-of-a-kind journeys are practical principles for achieving success that work for anyone, no matter who you are or what you hope to achieve. This mold-breaking approach doesn’t depend on you SAT scores, who you know, or how much money you have. The secret is a mindset that can be expressed in plain English: Harness your individuality in the pursuit of fulfillment to achieve excellence. In Dark Horse, Rose and Ogas show how the four elements of the dark horse mindset empower you to consistently make the right choices that fit your unique interests, abilities, and circumstances and will guide you to a life of passion, purpose, and achievement.

**The Champion’s Mind** Jim Afremow 2015-05-15 Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn’t necessarily translate to a superior on-field experience—its the mental game that matters most. Sports participation—from the recreational to the collegiate Division I level—is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In The Champion’s Mind, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: • How to get in a “zone,” thrive on a team, and stay humble • How to progress within a sport and sustain long-term excellence • Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world’s top trainers, The Champion’s Mind will help you shape your body to ensure a longer, healthier, happier lifetime.

**Sporting Gender** Joanna Harper 2019-12-11 The 2020 Tokyo Olympic Games are likely to feature the first transgender athlete, a topic that will be highly contentious during the competition. But transgender and intersex athletes such as Laurel Hubbard, Tifanny Abreu, and Caster Semenya didn’t just turn up overnight. Both intersex and transgender athletes have been newsworthy stories for decades. In Sporting Gender: The History, Science, and Stories of Transgender and Intersex Athletes, Joanna Harper provides an in-depth examination of why gender diverse athletes are so controversial. She not only delves into the history of these athletes and their personal stories, but also explains in a highly accessible manner the science behind their gender diversity and why the science is important for regulatory committees—and the general public—to consider when evaluating sports performance. Sporting Gender gives the reader a perspective that is both broad in scope and yet detailed enough to grasp the nuances that are central in understanding the controversies over intersex and transgender athletes. Featuring personal investigations from the author, who has had first-person access to some of the most significant recent developments in this complex arena, this book provides fascinating insight into sex, gender, and sports.

**The Epigenetics Revolution** Nessa Carey 2012-03-06 Epigenetics can potentially revolutionize our understanding of the structure and behavior of biological life on Earth. It explains why mapping an organism’s genetic code is not enough to determine how it develops or acts and shows how nurture combines with nature to engineer biological diversity. Surveying the twenty-year history of the field while also highlighting its latest findings and innovations, this volume provides a readily understandable introduction to the foundations of epigenetics. Nessa Carey, a leading epigenetics researcher, connects the field’s arguments to such diverse phenomena as how ants and queen bees control their colonies; why tortoiseshell cats are always female; why some plants need cold weather before they can flower; and how our bodies age and develop disease. Reaching beyond biology, epigenetics now informs work on drug addiction, the long-term effects of famine, and the physical and psychological consequences of childhood trauma. Carey concludes with a discussion of the future directions for this research and its ability to improve human health and well-being.

**Breakout Nations** Ruchir Sharma 2012-05-03 ‘The old rule of forecasting was to make as many forecasts as possible and publicise the ones you got right. The new rule is to forecast so far in the future, no one will know you got it wrong.’ Ruchir Sharma does neither. In Breakout Nations he shows why the economic ‘mania’ of the twenty-first century, with its unshakeable faith in the power of emerging markets - especially China - to continue growing at the astoundingly rapid and uniform pace of the last decade, is wrong. The next economic success stories will not be where we think they are. In this provocative new book, Sharma analyses why the basic laws of economic gravity (such as the law of large numbers, which says that the richer you are the harder it is to grow your wealth at a rapid pace) are already pulling China, Russia, Brazil and other vast emerging markets back to earth. To understand which nations will thrive and which will falter in a world reshaped by slower growth, it is time to start looking at the emerging markets as individual cases. Sharma argues that we must abandon our current obsession with global macro trends and the fad for all-embracing theories. He offers instead a more discerning, nuanced view, identifying specific factors - economic, political, social - which will make for slow or fast growth. Spending much of his professional life travelling in these countries as Head of Emerging Markets at Morgan Stanley, Sharma is uniquely placed to present a first-hand insider’s account of these new markets and the changes they are undergoing. As the years of unbelievably swift growth draw to their close, this book shows us how it is time for both investors and economists to halt their blind thrust towards an impossible future.

**The Sports Gene** David Epstein 2014-04-29 The New York Times bestseller - with a new afterword about early specialization in youth sports - from the author of Range: Why Generalists Triumph in a Specialized World. The debate is as old as physical competition. Are stars like Usain Bolt, Michael Phelps, and Serena Williams genetic freaks put on Earth to dominate their respective sports? Or are they simply normal people who overcame their biological limits through sheer force of will and obsessive training? In this controversial and engaging exploration of athletic success and the so-called 10,000-hour rule, David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving it. Through on-the-ground reporting from below the equator and above the Arctic Circle, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

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**One Day** Gene Weingarten 2019-10-22 “One of the 50 Best Nonfiction Books of the Last 25 Years”—Slate On New Year’s Day 2013, two-time Pulitzer Prize-winner Gene Weingarten asked three strangers to, literally, pluck a day, month, and year from a hat. That day—chosen completely at random—turned out to be Sunday, December 28, 1986, by any conventional measure a most ordinary day. Weingarten spent the next six years proving that there is no such thing. That Sunday between Christmas and New Year’s turned out to be filled with comedy, tragedy, implausible irony, cosmic comeuppances, kindness, cruelty, heroism, cowardice, genius, idiocy, prejudice, selflessness, coincidence, and startling moments of human connection, along with evocative foreshadowing of momentous events yet to come. Lives were lost. Lives were saved. Lives were altered in overwhelming ways. Many of these events never made it into the news; they were private dramas in the lives of private people. They were utterly compelling. One Day asks and answers the question of

whether there is even such a thing as “ordinary” when we are talking about how we all lurch and stumble our way through the daily, daunting challenge of being human.

**Elegance in Science** Ian Glynn 2013-02-14 The idea of elegance in science is not necessarily a familiar one, but it is an important one. The use of the term is perhaps most clear-cut in mathematics - the elegant proof - and this is where Ian Glynn begins his exploration. Scientists often share a sense of admiration and excitement on hearing of an elegant solution to a problem, an elegant theory, or an elegant experiment. The idea of elegance may seem strange in a field of endeavour that prides itself in its objectivity, but only if science is regarded as a dull, dry activity of counting and measuring. It is, of course, far more than that, and elegance is a fundamental aspect of the beauty and imagination involved in scientific activity. Ian Glynn, a distinguished scientist, selects historical examples from a range of sciences to draw out the principles of science, including Kepler's Laws, the experiments that demonstrated the nature of heat, and the action of nerves, and of course the several extraordinary episodes that led to Watson and Crick's discovery of the structure of DNA. With a highly readable selection of inspiring episodes highlighting the role of beauty and simplicity in the sciences, the book also relates to important philosophical issues of inference, and Glynn ends by warning us not to rely on beauty and simplicity alone - even the most elegant explanation can be wrong.

**Range** David Epstein 2019-06-27 'Fascinating . . . If you're a generalist who has ever felt overshadowed by your specialist colleagues, this book is for you' - Bill Gates The instant Sunday Times Top Ten and New York Times bestseller Shortlisted for the Financial Times/McKinsey Business Book of the Year Award A Financial Times Essential Reads A powerful argument for how to succeed in any field: develop broad interests and skills while everyone around you is rushing to specialize. From the '10,000 hours rule' to the power of Tiger parenting, we have been taught that success in any field requires early specialization and many hours of deliberate practice. And, worse, that if you dabble or delay, you'll never catch up with those who got a head start. This is completely wrong. In this landmark book, David Epstein shows you that the way to succeed is by sampling widely, gaining a breadth of experiences, taking detours, experimenting relentlessly, juggling many interests - in other words, by developing range. Studying the world's most successful athletes, artists, musicians, inventors and scientists, Epstein demonstrates why in most fields - especially those that are complex and unpredictable - generalists, not specialists are primed to excel. No matter what you do, where you are in life, whether you are a teacher, student, scientist, business analyst, parent, job hunter, retiree, you will see the world differently after you've read Range. You'll understand better how we solve problems, how we learn and how we succeed. You'll see why failing a test is the best way to learn and why frequent quitters end up with the most fulfilling careers. As experts silo themselves further while computers master more of the skills once reserved for highly focused humans, Range shows how people who think broadly and embrace diverse experiences and perspectives will increasingly thrive and why spreading your knowledge across multiple domains is the key to your success, and how to achieve it. 'I loved Range!' - Malcolm Gladwell 'Urgent and important. . . an essential read for bosses, parents, coaches, and anyone who cares about improving performance.' - Daniel H. Pink 'So much crucial and revelatory information about performance, success, and education.' - Susan Cain, bestselling author of Quiet

**Blueprint** Robert Plomin 2018-11-13 A top behavioral geneticist makes the case that DNA inherited from our parents at the moment of conception can predict our psychological strengths and weaknesses. In Blueprint, behavioral geneticist Robert Plomin describes how the DNA revolution has made DNA personal by giving us the power to predict our psychological strengths and weaknesses from birth. A century of genetic research shows that DNA differences inherited from our parents are the consistent life-long sources of our psychological individuality—the blueprint that makes us who we are. This, says Plomin, is a game changer. Plomin has been working on these issues for almost fifty years, conducting longitudinal studies of twins and adoptees. He reports that genetics explains more of the psychological differences among people than all other factors combined. Genetics accounts for fifty percent of psychological differences—not just mental health and school achievement but all psychological traits, from personality to intellectual abilities. Nature, not nurture is what makes us who we are. Plomin explores the implications of this, drawing some provocative conclusions—among them that parenting styles don't really affect children's outcomes once genetics is taken into effect. Neither tiger mothers nor attachment parenting affects children's ability to get into Harvard. After describing why DNA matters, Plomin explains what DNA does, offering readers a unique insider's view of the exciting synergies that came from combining genetics and psychology.

**The Encyclopaedia of Sports Medicine: An IOC Medical Commission Publication, The Olympic Textbook of Science in Sport** Ronald J. Maughan 2009-01-26 This new volume in the Encyclopaedia of Sports Medicine series, published under the auspices of the International Olympic Committee, delivers an up-to-date, state of the art presentation of the scientific aspects of conditioning, injury prevention, and competition. The book covers the key areas of scientific knowledge in sport and is divided into: physiology and biochemistry; nutrition; anthropometry; immunology; cell biology; biomechanics, engineering and ergonomics; psychology; pharmacology; limitations to performance; special populations; and exercise and health. Presented in a clear style and format, The Olympic Textbook of Science in Sport, draws on the expertise of an international collection of contributors who are recognized as leaders in their respective fields. It will be indispensable for all sport scientists and medical doctors who serve athletes and sports teams and is an invaluable reference for students of sport and exercise science.

**Peak** Marc Bubbs 2019 "There is a new revolution happening in sports as more and more athletes are basing their success on this game-changing combination: health, nutrition, training, recovery, and mindset. Unfortunately, the evidence-based techniques that the expert PhDs, academic institutions, and professional performance staffs follow can be in stark contrast to what many athletes actually practice. When combined with the noise of social media, old-school traditions, and bro-science, it can be difficult to separate fact from fiction. Peak is a groundbreaking book exploring the fundamentals of high performance (not the fads), the importance of consistency (not extreme effort), and the value of patience (not rapid transformation). Dr. Marc Bubbs makes deep science easy to understand, and with information from leading experts who are influencing the top performers in sports on how to achieve world-class success, he lays out the record-breaking feats of athleticism and strategies that are rooted in this personalized approach. Dr. Bubbs expertly brings together the worlds of health, nutrition, and exercise and synthesizes the salient science into actionable guidance. Regardless if you

**The Compatibility Gene** Daniel M Davis 2013-08-29 The Compatibility Gene is a scientific adventure story set in a new field of genetic discovery - that of the crucial genes that define our relationships, our health and our individuality. Here, Daniel M Davis, one of the leading scientists in the field, tells us the story of its groundbreaking developments that have the potential to change us all We each possess a similar set of around 25,000 human genes. Yet a tiny, distinctive cluster of these genes plays a disproportionately large part in how our bodies work. These few genes, argues Daniel M. Davis, hold the key to who we are as individuals and our relationship to the world: how we combat disease, how our brains are wired, how attractive we are, even how likely we are to reproduce. In The Compatibility Gene, one of our foremost immunologists tells the remarkable history of these genes' discovery and the unlocking of their secrets. From the British scientific pioneers who, during the Second World War, struggled to understand the mysteries of transplants and grafts, to the Swiss zoologist who devised an entirely new method of assessing potential couples' compatibility based on the smell of worn T-shirts, Davis traces what is nothing less than a scientific revolution in our understanding of the human body: a global adventure spanning some sixty years. Davis shows how the compatibility gene is radically transforming our knowledge of the way our bodies work - and is having profound consequences for medical research and ethics. Looking to the future, he considers the startling possibilities of what these wondrous discoveries might mean for you and me. Who am I? What makes me different from everyone else? Daniel Davis recounts the remarkable science that has answered one version of these questions. 'He makes immunology as fascinating to popular science readers as cosmology, consciousness, and evolution' Steven Pinker, Johnstone Professor of Psychology, Harvard University, and the author of How the Mind Works and The Better Angels of Our Nature 'Davis weaves a warm biographical thread through his tale of scientific discovery, revealing the drive and passion of those in the vanguard of research ... unusual results, astonishing implications and ethical dilemmas' The Times 'Davis makes the twists and turns all count' Guardian 'A fascinating, expertly told story' Michael Brooks, New Statesman Daniel M. Davis is director of research at the University of Manchester's Collaborative Centre for Inflammation Research and a visiting professor at Imperial College, London. He has published over 100 academic papers, including papers in Nature and Science, and Scientific American, and lectures all over the world, including at the Royal Institution. He has previously won the Oxford University Press Science Writing Prize, and has given numerous interviews for national and international media, including the Times, Guardian, Metro, and National Public Radio (USA). A major feature on his research was published in The Times. Experiments filmed in his laboratory were shown in the BBC series 'The History of Medicine' (2008). He also keenly engages in broad scientific affairs, recently publishing a view on UK science funding policies in Nature.

**An Elegant Defense** Matt Richtel 2019-03-12 National Bestseller "A valuable read that will help you

understand what it takes to stop COVID-19. ... A super interesting look at the science of immunity." —Bill Gates, Gates Notes Summer Reading List The Pulitzer Prize-winning New York Times journalist "explicates for the lay reader the intricate biology of our immune system" (Jerome Groopman, MD, New York Review of Books) From New York Times science journalist Matt Richtel, An Elegant Defense is an acclaimed and definitive exploration of the immune system and the secrets of health. Interweaving cutting-edge science with the intimate stories of four individual patients, this epic, first-of-its-kind book “give[s] lay readers a means of understanding what’s known so far about the intricate biology of our immune systems” (The Week). The immune system is our body’s essential defense network, a guardian vigilantly fighting illness, healing wounds, maintaining order and balance, and keeping us alive. It has been honed by evolution over millennia to face an almost infinite array of threats. For all its astonishing complexity, however, the immune system can be easily compromised by fatigue, stress, toxins, advanced age, and poor nutrition—hallmarks of modern life—and even by excessive hygiene. Paradoxically, it is a fragile wonder weapon that can turn on our own bodies with startling results, leading today to epidemic levels of autoimmune disorders. An Elegant Defense effortlessly guides readers on a scientific detective tale winding from the Black Plague to twentieth-century breakthroughs in vaccination and antibiotics, to today’s laboratories that are revolutionizing immunology—perhaps the most extraordinary and consequential medical story of our time. Drawing on extensive new interviews with dozens of world-renowned scientists, Richtel has produced a landmark book, equally an investigation into the deepest riddles of survival and a profoundly human tale that is movingly brought to life through the eyes of his four main characters, each of whom illuminates an essential facet of our “elegant defense.”

**The Tyranny of Metrics** Jerry Z. Muller 2019-04-30 Today, organizations of all kinds are ruled by the belief that the path to success is quantifying human performance, publicizing the results, and dividing up the rewards based on the numbers. But in our zeal to instill the evaluation process with scientific rigor, we've gone from measuring performance to fixating on measuring itself. The result is a tyranny of metrics that threatens the quality of our lives and most important institutions. In this timely and powerful book, Jerry Muller uncovers the damage our obsession with metrics is causing--and shows how we can begin to fix the problem. Filled with examples from education, medicine, business and finance, government, the police and military, and philanthropy and foreign aid, this brief and accessible book explains why the seemingly irresistible pressure to quantify performance distorts and distracts, whether by encouraging "gaming the stats" or "teaching to the test." That's because what can and does get measured is not always worth measuring, may not be what we really want to know, and may draw effort away from the things we care about. Along the way, we learn why paying for measured performance doesn't work, why surgical scorecards may increase deaths, and much more. But metrics can be good when used as a complement to--rather than a replacement for--judgment based on personal experience, and Muller also gives examples of when metrics have been beneficial. Complete with a checklist of when and how to use metrics, The Tyranny of Metrics is an essential corrective to a rarely questioned trend that increasingly affects us all.

**Play Their Hearts Out** George Dohrmann 2012 Traces the story of a talented young recruit, his coach, and his teammates to reveal the realities behind professional basketball and the sacrifices made by prodigy players and their families.

**Faster, Higher, Stronger** Mark McClusky 2014-10-30 A New York Times bestseller “A smart and important book.”—Gretchen Reynolds, author of The First 20 Minutes Publications as varied as Wired, Men’s Fitness, and The New Yorker are abuzz over the New York Times bestseller Faster, Higher, Stronger. In it, veteran journalist Mark McClusky explains how today’s top athletes are turning to advanced technology and savvy science to improve their performance. Sports buffs and readers of David Epstein and Gretchen Reynolds will want to join McClusky as he goes behind the scenes everywhere from the Olympics to the NBA Finals, from the World Series to the Tour de France, and from high-tech labs to neighborhood gyms to show how athletes at every level can incorporate cutting-edge science into their own workouts.

**Peak** Anders Ericsson 2016-04-21 Selected as a Book of the Year by New Statesman Mozart wasn't born with perfect pitch. Most athletes are not born with any natural advantage. Three world-class chess players were sisters, whose success was planned by their parents before they were even born. Anders Ericsson has spent thirty years studying The Special Ones, the geniuses, sports stars and musical prodigies. And his remarkable finding, revealed in Peak, is that their special abilities are acquired through training. The innate 'gift' of talent is a myth. Exceptional individuals are born with just one unique ability, shared by us all - the ability to develop our brains and bodies through our own efforts. Anders Ericsson's research was the inspiration for the popular '10,000-hour rule' but, he tells us, this rule is only the beginning of the story. It's not just the hours that are important but how you use them. We all have the seeds of excellence within us - it's merely a question of how to make them grow. With a bit of guidance, you'll be amazed at what the average person can achieve. The astonishing stories in Peak prove that potential is what you make it.

**Wheelmen** Reed Albergotti 2014-07-03 With a new Afterword. Lance Armstrong won a record-smashing seven Tour de France yellow jerseys after staring down cancer, and in the process became an international symbol of resilience and courage. In a sport constantly dogged by blood doping scandals, Armstrong seemed above the fray. Never had cycling - or any sport-boasted such a charismatic and accomplished champion. Then, in the summer of 2012, the legend imploded. The rumors that had long dogged Armstrong began to solidify. Buried evidence surfaced. Hushed-up witnesses came forth. Armstrong's Tour victories were stripped from him. His sponsors abandoned him. In January 2013, Armstrong finally admitted doping during the Tours, and in an interview with Oprah, described his "mythic, perfect story" as "one big lie." But his admission raised more questions than it answered. With over three years of extensive reporting, deep sourcing, and interviews with nearly every key player, including Armstrong, Reed Albergotti and Vanessa O'Connell have established themselves as the undisputed authorities on this story. Wheelmen reveals the broader tale of how Armstrong and his supporters used money, power, and cutting-edge science to conquer the world's most difficult race. It offers a riveting look at what happens when enigmatic genius breaks loose from the strictures of morality. It reveals the competitiveness and ingenuity that sparked blood doping as an accepted practice, and shows how Americans methodically constructed an international operation of spies and breakthrough technology to reach the top. Lance Armstrong survived and thrived against nigh-insurmountable odds and built a team of unprecedented accomplishment. But in the end, his own outsized ambition destroyed it. At last exposing the truth about Armstrong and American cycling, Wheelmen paints a living portrait of what is, without question, the greatest conspiracy in the history of sports.

**A Brief History of Everyone Who Ever Lived** Adam Rutherford 2016-09-08 'A brilliant, authoritative, surprising, captivating introduction to human genetics. You'll be spellbound' Brian Cox This is a story about you. It is the history of who you are and how you came to be. It is unique to you, as it is to each of the 100 billion modern humans who have ever drawn breath. But it is also our collective story, because in every one of our genomes we each carry the history of our species - births, deaths, disease, war, famine, migration and a lot of sex. In this captivating journey through the expanding landscape of genetics, Adam Rutherford reveals what our genes now tell us about human history, and what history can now tell us about our genes. From Neanderthals to murder, from redheads to race, dead kings to plague, evolution to epigenetics, this is a demystifying and illuminating new portrait of who we are and how we came to be. \*\*\* 'A thoroughly entertaining history of Homo sapiens and its DNA in a manner that displays popular science writing at its best' Observer 'Magisterial, informative and delightful' Peter Frankopan 'An extraordinary adventure...From the Neanderthals to the Vikings, from the Queen of Sheba to Richard III, Rutherford goes in search of our ancestors, tracing the genetic clues deep into the past' Alice Roberts

**10 Minutes 38 Seconds in this Strange World** Elif Shafak 2019-06-06 SHORTLISTED FOR THE BOOKER PRIZE 2019 'Expect vibrant, vivid and eye-opening descriptions of Middle Eastern life propelled by a tender storyline, all in Shafak's haunting, beautiful and considered prose' Vanity Fair 'Incredibly sensuous and poetic and evocative' Pandora Sykes 'Richly uplifting... truly beautiful writing' Nicola Sturgeon 'In the first minute following her death, Tequila Leila's consciousness began to ebb, slowly and steadily, like a tide receding from the shore...' For Leila, each minute after her death recalls a sensuous memory: spiced goat stew, sacrificed by her father to celebrate the birth of a yearned-for son; bubbling vats of lemon and sugar to wax women's legs while men are at prayer; the cardamom coffee she shares with a handsome student in the brothel where she works. Each fading memory brings back the friends she made in her bittersweet life - friends who are now desperately trying to find her . . . 'Simply magnificent, a truly captivating work of immense power and beauty, on the essence of life and its end' Philippe Sands 'Elif Shafak brings into the written realm what so many others want to leave outside. Spend more than ten minutes and 38 seconds in this world of the estranged. Shafak makes a new home for us in words' Colum McCann 'Elif Shafak's extraordinary 10 Minutes, 38 Seconds in this Strange World is a work of brutal beauty and consummate tenderness' Simon Schama 'A rich, sensual novel... This is a novel that gives voice to the invisible, the untouchable, the abused and the damaged, weaving their painful songs into a thing of beauty.' Financial Times 'One of the best writers in the world today' Hanif Kureishi 'Haunting, moving, beautifully written. A masterpiece' Peter Frankopan 'Extraordinary' Guardian 'Life-affirming' Stylist \*Elif Shafak's latest novel The Island of Missing Trees is available now\*

*DNA Nation* Sergio Pistoï 2019-10-20 Millions of people have done it: with a few clicks and some spit, and at less than the cost of a fancy dinner, you can buy a reading of your DNA online. With this in hand, you can find out where you came from, trace relatives around the world and find new friends on a genetic social network. You can learn about your predisposition to disease, get a genetically tailored diet, understand the sports to which you or your children might be more suited, and even find a date. It's the dawn of consumer genomics, where the progress of biology meets the power of the Internet and big data. But do these applications work? Can we really prevent diseases based on what we read in our DNA? What do scientists say? And do we really understand the implications? What happens if things go wrong and the data is misused or the trust abused? Sergio Pistoï, a journalist and a DNA scientist, investigated this brave new world first-hand by interrogating his own genes, and has provided a practical, informative and thought-provoking survival guide to home genetic testing. From medicine to food, from social networking to genealogy and advertising, this book will show you how the DNA revolution is beginning to have such a profound impact on our daily lives and privacy and why it will influence the choices we make. If you are interested in how social media meets cutting-edge science, and what it means for your life, or if you are considering buying a DNA test, then this is the book for you.

**The Book of Humans** Adam Rutherford 2018-09-06 'Charming, compelling and packed with information. I learned more about biology from this short book than I did from years of science lessons. A weird and wonderful read' PETER FRANKOPAN We like to think of ourselves as exceptional beings, but is there really anything special about us that sets us apart from other animals? Humans are the slightest of twigs on a single family tree that encompasses four billion years, a lot of twists and turns, and a billion species. All of those organisms are rooted in a single origin, with a common code that underwrites our existence. This paradox - that our biology is indistinct from all life, yet we consider ourselves to be special - lies at the heart of who we are. In this original and entertaining tour of life on Earth, Adam Rutherford explores how many of the things once considered to be exclusively human are not: we are not the only species that communicates, makes tools, utilises fire, or has sex for reasons other than to make new versions of ourselves. Evolution has, however, allowed us to develop our culture to a level of complexity that outstrips any other observed in nature. THE BOOK OF HUMANS tells the story of how we became the creatures we are today, bestowed with the unique ability to investigate what makes us who we are. Illuminated by the latest scientific discoveries, it is a thrilling compendium of what unequivocally fixes us as animals, and reveals how we are extraordinary among them. With illustrations by Alice Roberts

**The Perfection Point** John Brenkus 2010-08-31 In The Perfection Point, John Brenkus, host and creator of ESPN's Emmy Award-winning "Sport Science," uses hard data and scientific research to uncover the absolute limits of human performance. The Perfection Point is ideal for sports fans interested in the scientific basis of athletic excellence and a fascinating read for science fans interested in the physics of sports.

**Bad Science** Ben Goldacre 2008-12-07 Ben Goldacre's wise and witty bestseller, shortlisted for the Samuel Johnson Prize, lifts the lid on quack doctors, flaky statistics, scaremongering journalists and evil pharmaceutical corporations.

**The Music of Life** Denis Noble 2008-02-14 What is Life? Decades of research have resulted in the full mapping of the human genome - three billion pairs of code whose functions are only now being understood. The gene's eye view of life, advocated by evolutionary biology, sees living bodies as mere vehicles for the replication of the genetic codes. But for a physiologist, working with the living organism, the view is a very different one. Denis Noble is a world renowned physiologist, and sets out an alternative view to the question - one that becomes deeply significant in terms of the living, breathing organism. The genome is not life itself. Noble argues that far from genes building organisms, they should be seen as prisoners of the organism. The view of life presented in this little, modern, post-genome project reflection on the nature of life, is that of the systems biologist: to understand what life is, we must view it at a variety of different levels, all interacting with each other in a complex web. It is that emergent web, full of feedback between levels, from the gene to the wider environment, that is life. It is a kind of music. Including stories from Noble's own research experience, his work on the heartbeat, musical metaphors, and elements of linguistics and Chinese culture, this very personal and at times deeply lyrical book sets out the systems biology view of life.

**The Performance Cortex** Zach Schonbrun 2018-07-05 Why couldn't Michael Jordan, master athlete that he was, hit a baseball? Why can't modern robotics come close to replicating the dexterity of a five-year-old? Why do good quarterbacks always seem to know where their receivers are? In this deeply researched book, Sports and Business reporter Zach Schonbrun explores what actually drives human movement and its spectacular potential. The groundbreaking work of two neuroscientists in Major League Baseball is only the beginning. Schonbrun traces the fascinating history of motor research and details how new investigations in the brain are helping explain the extraordinary skills of talented performers like Stephen Curry, Tom Brady, Serena Williams, and Lionel Messi; as well as musical virtuosos, dancers, rock climbers, race-car drivers, and more. Whether it is timing a 95-mph fastball or reaching for a coffee mug, movement requires extraordinary computation that many take for granted - until now. The Performance Cortex ushers in a new way of thinking about the athletic gifts we strain to see in our cavernous arenas. It's not about the million-dollar arm anymore. It's about the million-dollar brain.

**ACT in Sport** JAMES. HUELSMANN HEGARTY (CHRISTOPH.) 2020-11-04 ACT in Sport is a practical workbook that provides a variety of simple strategies for athletes, sport psychologists, and coaches - regardless of their level of ability - for growing their skills, including mindfulness, acceptance, and defusion.

**The Book of Humans** Adam Rutherford 2018-09-13 \*FROM THE BESTSELLING AUTHOR OF A BRIEF HISTORY OF EVERYONE WHO EVER LIVED and HOW TO ARGUE WITH A RACIST\* WHAT MAKES US HUMAN? Waging war? Sex for pleasure? Creating art? Mastery of fire? In this thrilling tour of the animal kingdom, Adam Rutherford tells the story of how we became the unique creatures we are today. Illuminated by the latest scientific discoveries, THE BOOK OF HUMANS is a dazzling compendium of what unequivocally fixes us as animals, and reveals how we are extraordinary among them. \*\*\* 'Adam Rutherford is a superb communicator, who eruditely explores the borderlands of history, archaeology, genetics and anthropology in this fascinating tour of our species' DAN SNOW 'This superbly accessible discussion about who we humans really are is important and necessary' CHRIS PACKHAM 'Charming, compelling and packed with information. I learned more about biology from this short book than I did from years of science lessons' PETER FRANKOPAN 'An outstandingly clear and witty account that shows beyond doubt how much we are part of the animal world, and yet at the same time how different we have become' HENRY MARSH

**Peak Performance** Brad Stulberg 2017-06-06 "A transfixing book on how to sustain peak performance and avoid burnout" —Adam Grant, New York Times bestselling author of Option B, Originals, and Give and Take "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of Thrive and The Sleep Revolution "I doubt anyone can read Peak Performance without itching to apply something to their own lives." —David Epstein, New York Times bestselling author of The Sports Gene A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In Peak Performance, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, Peak Performance combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, Peak Performance uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, Peak Performance uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, Peak Performance will teach you how.

**Violution** Frank Ryan 2013-11-28 The extraordinary role of viruses in evolution and how this is revolutionising biology and medicine.