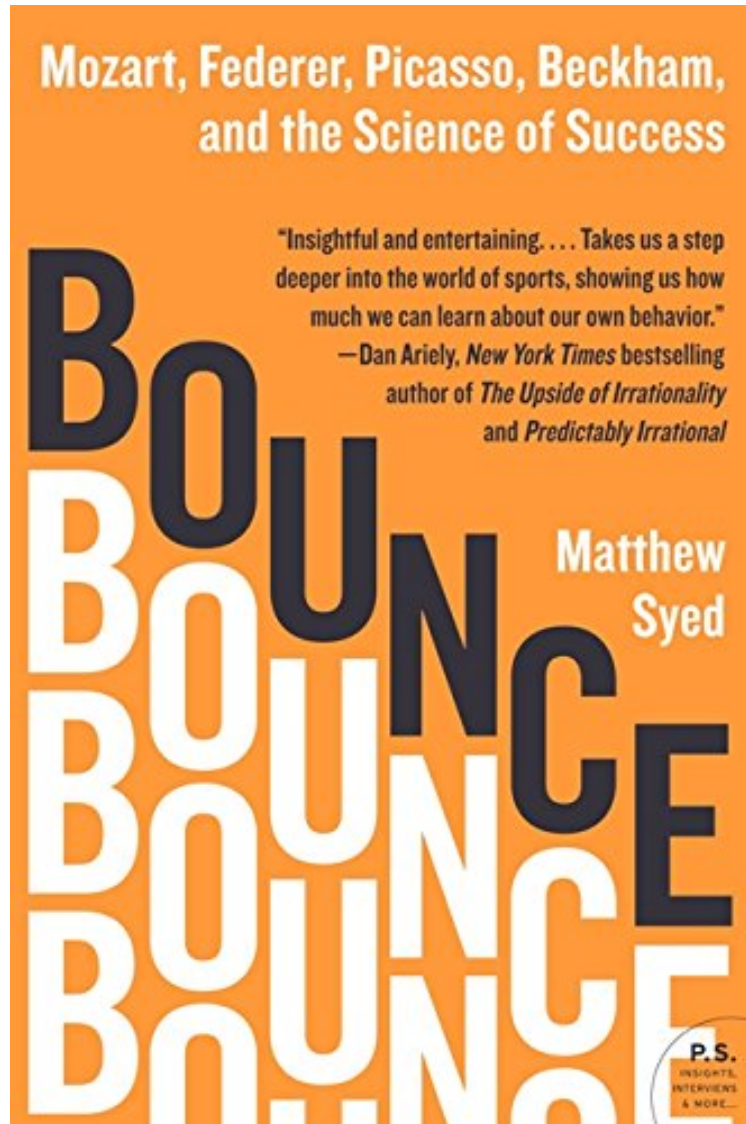


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Matthew Syed

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#131073 in Books Matthew Syed 2011-05-03 2011-05-03 Original language: English PDF # 1 8.00 x .76 x 5.311, .56 #File Name: 0061723762336 pages Bounce Mozart Federer Picasso Beckham and the Science of Success | File size: 35.Mb

Matthew Syed : Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success before purchasing it in order to gage whether or not it would be worth my time, and all praised Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success:

6 of 6 people found the following review helpful. More useful than OutliersBy TMAIt's hard to resist comparing this

book to Malcolm Gladwell's *The Outliers*. In *The Outliers* Gladwell helped spread the fame of the work of Anders Ericsson, FSU expert on how people acquire expert intelligence. Indeed, the phrase "10,000 hours" is now so ubiquitous it has become a cliché, although people often forget that it refers not just to practice but to **STRUCTURED** practice. While *The Outliers* excels in its writing and infotainment value, *Bounce* seems more instructive. It's hard to finish *Bounce* and not feel like there is a lot more you could do if you just applied yourself. Syed mixes personal experience, anecdotes of others, and empirical data to hammer home the point that living with a "growth" mindset is richly rewarding. Syed does an excellent job of explaining how some people continue to reach new thresholds in their pursuits while many others plateau early. I often give this book as a gift to nieces, nephews, and friends' children who are entering college, telling them I wish I could have read (and believed) this book when I was their age. 12 of 12 people found the following review helpful. one of the most important books I've read By Just Me I read a lot, a lot, and this is one of the most significant books I have read. Anyone striving for high performance, in any field, as well as anyone raising or teaching children should read this book. I've been very interested in reading one of the books which are based, at least to a degree, on the work of Anders Ericsson and purposeful practise being more important than talent you are born with. Reviews of the other books, such as *Talent Is Overrated* by Geoff Colvin, *The Talent Code* by Daniel Coyle, and *Outliers* by Malcolm Gladwell have put me off. Each book seems to take a somewhat different view of the importance of various aspects that have been shown to lead to superior performance -- purposeful practice and opportunity (such as having a good coach available) being the primary aspects. *Bounce* also delves deep into the psychology of people who persist enough to become superior performers. There are many psychological points, which anyone can develop, which lead to someone bouncing back from difficulty and doing well. With practise being so important to superior performance, you must have persistence or you won't get in the practice. Highly recommended. I've already given it as a gift and will be giving out more. 1 of 1 people found the following review helpful. Encouragement for aspiring musicians of any age By The Sideman The talent myth pervades our thinking in various forms, e.g., musicians, leaders, etc. are "born--not made." While one should acknowledge the existence of those rare individuals will seemingly superhuman aptitudes, according to the author, most "experts" in whatever field reach the pinnacle through a combination of factors--factors within the reach of mere mortals! This is good news and awfully encouraging to anyone willing to obtain the proper tutelage and engage in "purposeful practice" over the long haul. This book lit a fire under me to develop a plan and "do the time" in purposeful practice in order to master the guitar. Woodshed, here I come!

In the vein of the international bestselling *Freakonomics*, award-winning journalist Matthew Syed reveals the hidden clues to success in sports, business, school, and just about anything else that you'd want to be great at. Fans of *Predictably Irrational* and Malcolm Gladwell's *The Tipping Point* will find many interesting and helpful insights in *Bounce*.

From Publishers Weekly Syed, sportswriter and columnist for the *London Times*, takes a hard look at performance psychology, heavily influenced by his own ego-damaging but fruitful epiphany. At the age of 24, Syed became the #1 British table tennis player, an achievement he initially attributed to his superior speed and agility. But in retrospect, he realizes that a combination of advantages a mentor, good facilities nearby, and lots of time to hone his skills set him up perfectly to become a star performer. He admits his argument owes a debt to Malcolm Gladwell's *Outliers*, but he aims to move one step beyond it, drawing on cognitive neuroscience research to explain how the body and mind are transformed by specialized practice. He takes on the myth of the child prodigy, emphasizing that Mozart, the Williams sisters, Tiger Woods, and Susan Polgar, the first female grandmaster, all had live-in coaches in the form of supportive parents who put them through a ton of early practice. Cogent discussions of the neuroscience of competition, including the placebo effect of irrational optimism, self-doubt, and superstitions, all lend credence to a compelling narrative; readers who gobbled up *Freakonomics* and *Predictably Irrational* will flock to this one. (May) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Sport is often used as an analogy for business, education, and personal relationships. In this insightful and entertaining book, Matthew Syed takes us a step deeper into the world of sports, showing us how much we can learn about our own behavior. (Dan Ariely, *New York Times* bestselling author of *Predictably Irrational*) A cutting edge dissection and ultimate destruction of the myth of innate talent in the pursuit of excellence. Syed synthesizes his evidence with the precision of an academic, writes with the fluidity of a journalist, and persuades with the drive of a sportsman. Read this book. (Mark Thomas, Professor of Evolutionary Genetics, University College London) Intellectually stimulating and hugely enjoyable at a stroke. . . . Challenged some of my most cherished beliefs about life and success. (Jonathan Edwards, Olympic Gold Medal Winner in the Triple Jump) Compelling and, at times, exhilarating *Bounce* explains high achievement in sport, business, and beyond. (Michael Sherwood, Chief Executive, Goldman Sachs International) From the Back Cover Why have all the sprinters who have run the 100 meters in under ten seconds been black? What's one thing Mozart, Venus Williams, and Michelangelo have in common? Why are baseball players so superstitious? We love to win and hate to lose, whether it's on the playing field, in the office, or in the classroom. In this bold new look at human behavior, award-

winning journalist and Olympian Matthew Syed explores the truth about our competitive nature why we win, why we don't, and how we really play the game of life. Bounce reveals how competition the most vivid, primal, and dramatic of human pursuits provides vital insight into many of the most controversial issues of our time. From biology and economics to psychology and culture, from genetics and race to sports and politics, Bounce shows how competition provides a master key with which to unlock the mysteries of the world.