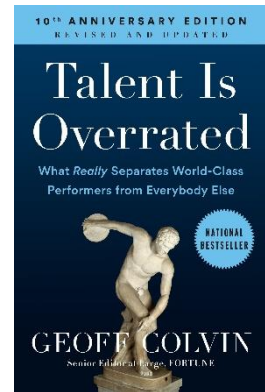


# Top 5 books to reach excellence at any skill

## Talent is Overrated - Geoff Colvin

Why you should read this book

Read this book if you would like to find out about the construct of deliberate practice, the only way to reach genuine expertise in any field.



## Peak - Anders Ericsson

Why you should read this book

Anders Ericsson is considered to be one of the world's leading scientists involved with research on talent and potential. He is credited with one of the first people to come up with the expression of deliberate practice and details his incredible knowledge on this subject.



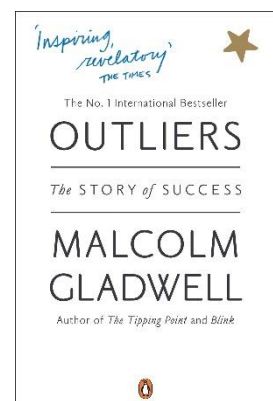
SECRETS FROM  
THE NEW SCIENCE  
OF EXPERTISE

Anders Ericsson  
and Robert Pool

## Outliers - Malcolm Gladwell

Why you should read this book

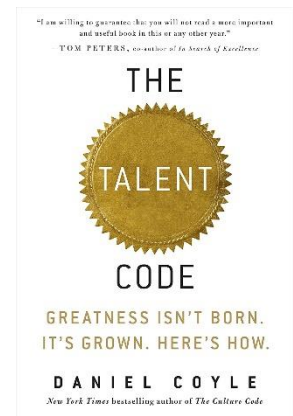
One of the most famous books discussing deliberate practice and the enticing 10,000 hour rule in regards to excellence in skill. If you are interested in the underlying science of potential and practice, you cannot go past this one



## The Talent Code - Daniel Coyle

Why you should read this book

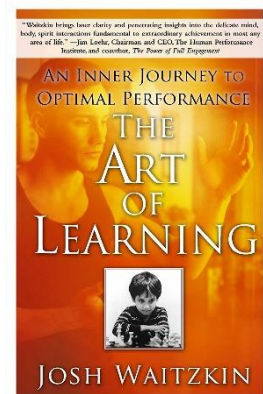
Another piece that beautifully describes the research around how to become an expert. Some facts about the adaptability of our central nervous system and the adaptability of our brains will fascinate you.



## The Art of Learning

Why you should read this book

Josh Waitzkin was able to achieve a world-class level in a martial arts after being an elite chess player in his younger years. This book gives a good insight on his takes addressing the art of learning.



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