

## The Sports Gene Inside The Science Of Extraordinary Athletic Performance Hardcover 2013 Author David Epstein

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### 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 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 Sports Gene: Inside the Science of Extraordinary Athletic Performance. by David Epstein. 4.18 avg. rating · 8940 Ratings. Now a New York Times Bestseller! With a new chapter added to the paperback.

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### Summary and reviews of The Sports Gene by David Epstein

The Sports Gene: Inside the Science of Extraordinary Athletic Performance. David J. Epstein. Penguin, 2014 - Health & Fitness - 352 pages. 6 Reviews. 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 Sports Gene: Inside the Science of Extraordinary ...

The Sports Gene takes a look at the physiological traits that are beneficial in various sports, and at their hereditary background. It also examines why people in certain parts of the world have evolved in their particular way, and how this is beneficial in the realm of certain sports.

### The Sports Gene by David Epstein

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