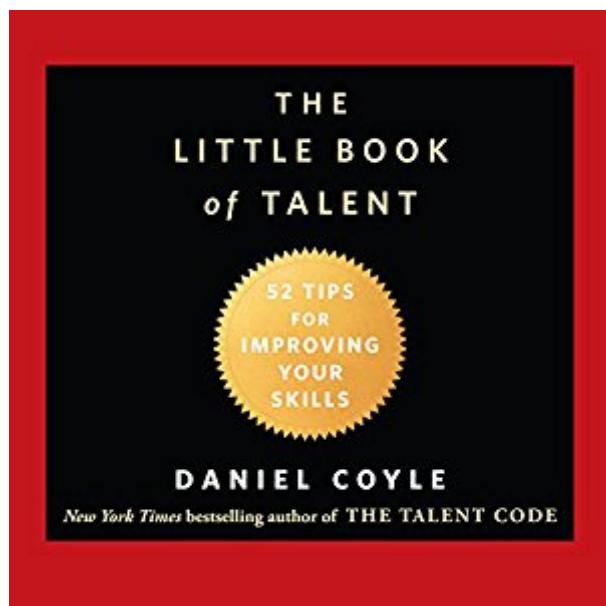


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# The Little Book Of Talent: 52 Tips For Improving Your Skills



## **Synopsis**

Daniel Coyle spent the last few years traveling around the world and meeting with top coaches, teachers, and neurologists in order to unlock the secret of how greatness happens. Now he has taken his groundbreaking research and boiled it down to the essentials: 52 simple, proven rules for developing and growing talent in sports, art, music, business, or just about anything. Supported by cutting-edge science and the wisdom of some of the world's leading trainers from a variety of fields, The Little Book of Talent explains how to make the most progress in the least amount of time by using techniques that play into the way our brains are wired to learn. It's an indispensable handbook that every coach, teacher, manager, athlete, musician, and student will want to own.

## **Book Information**

Audible Audio Edition

Listening Length: 1 hour and 51 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HighBridge, a division of Recorded Books

Audible.com Release Date: August 28, 2012

Whispersync for Voice: Ready

Language: English

ASIN: B00939N5MO

Best Sellers Rank: #67 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation

#89 in Books > Audible Audiobooks > Business & Investing > Personal Finance & Investing

#91 in Books > Medical Books > Psychology > Neuropsychology

## **Customer Reviews**

This is a wonderful book because it provides so much useful information on an important topic (how to improve your training / practicing methods when trying to improve your skills). It was concise without being barebones, and had just enough short stories to emphasize a point, or to show who was using the technique (ie, so you could see the technique in context). Everyone should read this book. It could save the world countless hours of inefficient or "wasted" practice hours as people try to develop their skills. I recommend this book to everyone.

Simple, direct to the point, and worth reading for everyone trying to understand and move forward with any specific talent. The beauty of this book is that we can apply mostly to all talents we aspire

to develop in our lives. It doesn't matter if you want to be a better climber or become a well-known stand-up comedian, this book will add some key and applicable tips to help us shape our talents. Read it, take notes, choose the most important ones, apply/incorporate one-by-one slowly, feel the difference, let them be part of your habits. There are many other interesting books that should also complement this one, but please, start with this simple one and then expand towards others.

Very concise, to the point, without the long psychology explanations. My son plays soccer, started like many kids, because all his friends were playing and he enjoyed doing that with his friends. He had not played at all when he decided to join the others at age 9 in the same club the others play. My only condition was "you have to stick to it" and he did. Began with zero condition, zero skills, nothing. After two years it has been very gratifying to see him change, improve, become "talented".... This book describes that process. We now translates his skills (grit, persistence, hard work) to other areas of his life (school, music).

\* Concise\* Accurate Information\* Usable Information immediate applicationNo matter what page I may randomly turn to, the information is applicable, if not now --- soon. I am so impressed with this little book: 51 Tips, Glossary, Appendix and suggested reading: a lot packed into an easily read typeface that I also bought a Kindle edition ... always with me. Just another motivator.**RECOMMENDED**

I read this book after reading "The Talent Code" by the same author, Daniel Coyle. "The Talent Code" gave a terrific overview of how complex skills can be acquired over time and ways to accelerate the process. This book is much more granular with 50+ specific, practical tips. I highly recommend reading "The Talent Code" first since it will provide a higher level of enthusiasm (the "ignition") to read this book and try the suggested tips.

If you have already been interested and are familiar with the concepts of ultra/meta learning and have previously read books like "So Good They Can't Ignore You" , "The Talent Code", and/or "5 Elements of Effective Thinking", then this book will be of huge value in understanding how to apply the concepts in practice. If you haven't, then you may not quite get the full value. In my opinion, the book is too concise to fully grasp why he's telling you what he's telling you without the expanded insight provided by the books mentioned above. If at one point in your life you contemplated that you just don't have enough talent and considered settling for average, this book paired with one or more

of the books mentioned above just might get you excited about overachieving in life again.

I've been reading several different books that grew out of Anders Ericsson's research on skill development and expertise. I have to say this is my favorite. The 52 quick tips deliver an amazing amount of wisdom and actionable advice without the stultifying fluff that most authors pack in between their central points in order to make the book seem more thorough. This guide book of 52 actionable tips distills the essence of what Daniel Coyle learned through his years of researching and visiting world hot spots of talent and professional excellence. Do yourself a favor. Get a copy and throw it in your golf bag, musical instrument case or whatever you carry with you when you are practicing and perfecting your craft of choice. You'll almost always find some little piece of advice that increases your ability to excel.

This is a life-changing book, along with its companion book, *The Talent Code*. It explains how the brain's neurons speed and memory retention can be significantly improved in a variety of sports, playing music, and other like activities. In my case, I was able to significantly improve a physical balance problem and I may be able to remove the problem altogether.

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