



Practice Like This!: 35 Effective Ways to Get Better Faster (Paperback)

By Jonathan Harnum Phd

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you re alive, you re trying to get better at something. It could be your golf swing or guitar, parenting or painting, gaming, cooking, or any other skill. The strategies in this book are top-shelf, pulled from neuroscience, research on excellence, and world-class masters in many fields, presented in an easy-to-understand style that is sometimes funny and always friendly. Hundreds of helpful images and graphics. 6 SECTIONS, 42 HACKS: 1-Talent Is Practice in Disguise: Learn the 3 kinds of practice and how your brain is rewired when you learn new skills. 2-Motivation Is Like Bathing (A daily requirement): Your deepest, unspoken beliefs profoundly affect your motivation to improve, ya filthy animal. 3-You Are Unique (and so is everybody else): Learn why your reaction to difficulty matters. And why teachers and coaches matter just as much. 4-Time: The Most Valuable Thing You Spend: Forget the 10,000-hour rule. Practice time isn t what you ve been led to believe, nor is it otherwise. 5-Where You At? Where you practice and who you re with will affect how fast and how...



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Reviews

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