

Learn the Secret for Mastering Any Discipline

Decades of scientific studies on expertise have been revealing the secrets that separate world class performers from mediocre achievers. The good news from all this research is that master achievers and experts are made, not born.

Every discipline has a scientifically demonstrable blueprint, or set of blueprints, that you can use to best the competition, earn more money, and accelerate your skill development exponentially. In this book, you're going to learn dozens of blueprints from a lot of different fields plus how to design your very own.

You don't have to be a "born natural" to master fields and disciplines like physics, endurance running, sales, singing, juggling, basketball, performing arts, music, animal whispering, math, meeting facilitation, navigation, memorizing hundreds of digits, public speaking, magic, novel writing, marketing, yodeling, or cartoon animation.

These are just a few of the things you will learn in this book:

Are Master Achievers Naturally Talented?

- The real secret to Mozart's genius
- How belief in natural talent can destroy your children's success
- Why early success in music or sports is a poor predictor of world class status
- How your birthday could get you recruited in a professional sports league
- Proof that high IQ can stifle the mastery of chess & other disciplines

The Secrets to Mastering Any Field

- How "practice makes perfect" is a false and misleading trope
- Why most people give up early while developing a skill & how to prevent this
- The Harvard Business School technique that can save you years of trial & error, and it works in a high percentage of fields
- "Compress" your practice environment to accelerate mastery
- The secrets "talent hotbeds" use to produce world class performers consistently
- How to use slow motion to speed up your learning
- What to do when you hit a "plateau" in your practice to continue advancing
- How "human calculators" perform amazing mathematical feats in their heads
- Why high school students can break Olympic world records from a few decades ago

- The reason many radiologists are shockingly horrible at diagnosing mammograms
- The strategy the US Topgun Academy program used to drastically increase enemy pilot casualties & reduce their own
- Dozens of examples of winning skill development strategies from a variety of fields

How Your Mindset Affects Your Success

- People are divided into two mindsets – one helps ensure success & one prevents it
- What it takes to keep your passion fueled so you continue practicing joyfully
- The mindsets & attitudes all top performers have
- How to instill these mastery mindsets in your children

Brain Hacks for Skill Mastery

- Your brain is more adaptable than you think
- What your brain does while you practice a skill
- How to generate the age-defying chemical that leads to more neurons & more connections between them, and catalyzes another chemical that speeds up their impulses so you can quicken your learning process