

# Peak Secrets From The New Science Of Expertise

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Peak belies both of these notions, proving that almost all of us have the seeds of excellence within us - it's just a question of nurturing them by reducing expertise to a discrete series of attainable practices. Peak offers invaluable, often counterintuitive advice on setting goals, getting feedback, identifying patterns, and motivating ...

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Highlight 2017/1/1 But no. Research has shown that, generally speaking, once a person reaches that level of “acceptable” performance and automaticity, the additional years of “practice” don’t lead to improvement.

### **Peak (□□) - Douban**

About Peak: Secrets from the New Science of Expertise: From the world’s reigning expert on expertise comes a powerful new approach to mastering almost any skill.

### **Episode 066 - Anders Ericsson Ph.D. M.D.- The New Science of Expertise**

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Peak: Secrets from the New Science of Expertise I rarely buy the same book in three different formats [Physical, Kindle, Audible]. The recent one I made a triple purchase was for the book Peak.

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— Anders Ericsson, Peak: Secrets from the New Science of Expertise “Deliberate practice involves well-defined, specific goals and often involves improving some aspect of the target performance; it is not aimed at some vague overall improvement.

## **Peak Quotes by K. Anders Ericsson**

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