



The Little Book of Talent: 52 Tips for Improving Your Skills

By Daniel Coyle

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The Little Book of Talent: 52 Tips for Improving Your Skills By Daniel Coyle

The Little Book of Talent is a manual for building a faster brain and a better you. It is an easy-to-use handbook of scientifically proven, field-tested methods to improve skills—your skills, your kids’ skills, your organization’s skills—in sports, music, art, math, and business. The product of five years of reporting from the world’s greatest talent hotbeds and interviews with successful master coaches, it distills the daunting complexity of skill development into 52 clear, concise directives. Whether you’re age 10 or 100, whether you’re on the sports field or the stage, in the classroom or the corner office, this is an essential guide for anyone who ever asked, “How do I get better?”

“*The Little Book of Talent* should be given to every graduate at commencement, every new parent in a delivery room, every executive on the first day of work. It is a guidebook—beautiful in its simplicity and backed by hard science—for nurturing excellence.”—Charles Duhigg, bestselling author of *The Power of Habit*

“It’s so juvenile to throw around hyperbolic terms such as ‘life-changing,’ but there’s no other way to describe *The Little Book of Talent*. I was avidly trying new things within the first half hour of reading it and haven’t stopped since. Brilliant. And yes: life-changing.”—Tom Peters, co-author of *In Search of Excellence*

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Editorial Review

Review

Advance praise for *The Little Book of Talent*

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About the Author

Daniel Coyle is the author of *The Talent Code*, as well as the *New York Times* bestseller *Lance Armstrong’s War*. He lives with his wife and four children in Homer, Alaska, and Cleveland Heights, Ohio.

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