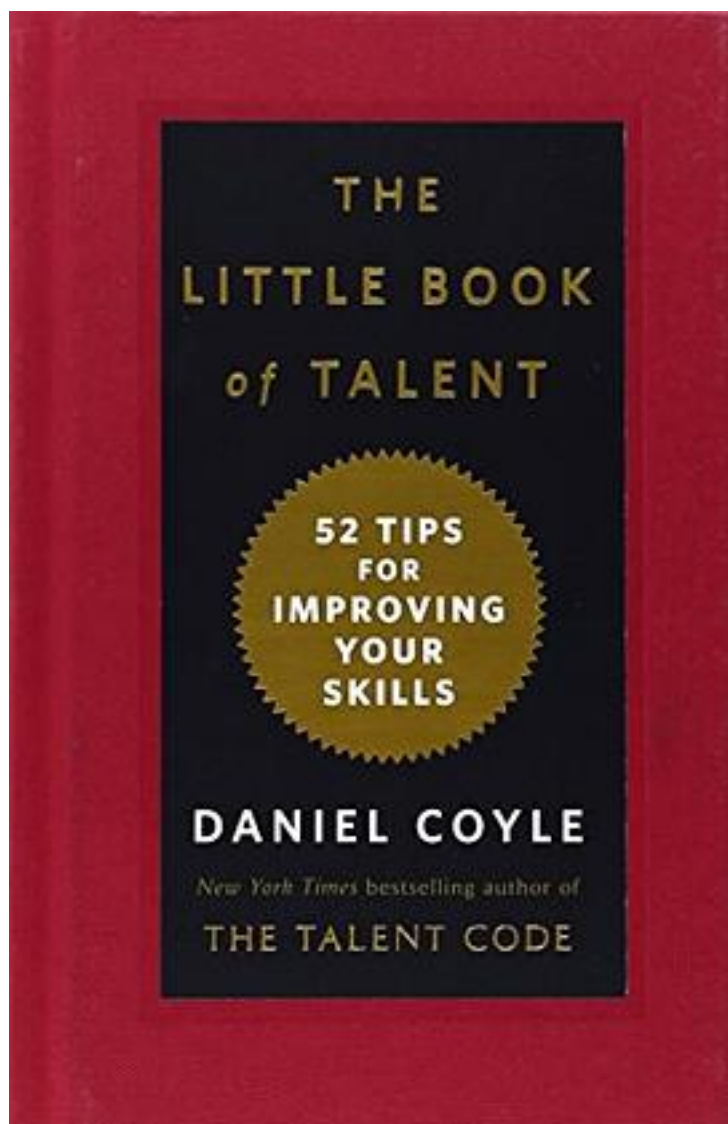


# The Little Book of Talent



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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

作者介绍:

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标签

思维

个人管理

英文原版

学习方法

自我提高

成长

心智

学英语

## 评论

52条规则，find the sweet spot and work hard in smart ways

Well, not as good as i thought it would be

挺好的，自从学生时代看过一本学习的方法之后，很久没看类似的书籍了。我以前的学习方法就是大量阅读，从顶尖人士的著作逆推。

就像一本小的指南书一样，教会我区别什么是hard skills如何练习，什么是soft skills如何练习。特别是TIP12如何选择老师或教练给我很大启示。这不但教会我如何选择老师，也教会我要做这样的老师。刚开始上课时候，教的学生都是有钱人的孩子，我怕他们不高兴告我状，表现的真的像个waiter。以后我知道怎么做了，俗话说打铁还需自身硬。加强专业知识，不怒自威，做一位好老师。

meh

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## 书评

因Coursera的课程English Composition I知道了Daniel Coyle。他的《The Talent Code》第一章，被选为课程的课后阅读、写作的对象。要求的内容，我没有在限定时间里完成。却因着好奇，找到并在一个小时内读完了他的另一本书——《The Little Book of Talent》。的确，书很小， ...

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