



Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success

By Matthew Syed

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In the vein of the international bestselling *Freakonomics*, award-winning journalist Matthew Syed reveals the hidden clues to success—in sports, business, school, and just about anything else that you'd want to be great at. Fans of *Predictably Irrational* and Malcolm Gladwell's *The Tipping Point* will find many interesting and helpful insights in *Bounce*.

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Editorial Review

From Publishers Weekly

Syed, sportswriter and columnist for the London *Times*, takes a hard look at performance psychology, heavily influenced by his own ego-damaging but fruitful epiphany. At the age of 24, Syed became the #1 British table tennis player, an achievement he initially attributed to his superior speed and agility. But in retrospect, he realizes that a combination of advantages—a mentor, good facilities nearby, and lots of time to hone his skills—set him up perfectly to become a star performer. He admits his argument owes a debt to Malcolm Gladwell's *Outliers*, but he aims to move one step beyond it, drawing on cognitive neuroscience research to explain how the body and mind are transformed by specialized practice. He takes on the myth of the child prodigy, emphasizing that Mozart, the Williams sisters, Tiger Woods, and Susan Polgar, the first female grandmaster, all had live-in coaches in the form of supportive parents who put them through a ton of early practice. Cogent discussions of the neuroscience of competition, including the placebo effect of irrational optimism, self-doubt, and superstitions, all lend credence to a compelling narrative; readers who gobbled up *Freakonomics* and *Predictably Irrational* will flock to this one. (May)

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Review

“Sport is often used as an analogy for business, education, and personal relationships. In this insightful and entertaining book, Matthew Syed takes us a step deeper into the world of sports, showing us how much we can learn about our own behavior.” (Dan Ariely, New York Times bestselling author of *Predictably Irrational*)

“A cutting edge dissection—and ultimate destruction—of the myth of innate talent in the pursuit of excellence. Syed synthesizes his evidence with the precision of an academic, writes with the fluidity of a journalist, and persuades with the drive of a sportsman. Read this book.” (Mark Thomas, Professor of Evolutionary Genetics, University College London)

“Intellectually stimulating and hugely enjoyable at a stroke. . . . Challenged some of my most cherished beliefs about life and success.” (Jonathan Edwards, Olympic Gold Medal Winner in the Triple Jump)

“Compelling and, at times, exhilarating—*Bounce* explains high achievement in sport, business, and beyond.” (Michael Sherwood, Chief Executive, Goldman Sachs International)

From the Back Cover

Why have all the sprinters who have run the 100 meters in under ten seconds been black?

What's one thing Mozart, Venus Williams, and Michelangelo have in common?

Why are baseball players so superstitious?

We love to win and hate to lose, whether it's on the playing field, in the office, or in the classroom. In this bold new look at human behavior, award-winning journalist and Olympian Matthew Syed explores the truth about our competitive nature—why we win, why we don't, and how we really play the game of life.

Bounce reveals how competition—the most vivid, primal, and dramatic of human pursuits—provides vital

insight into many of the most controversial issues of our time. From biology and economics to psychology and culture, from genetics and race to sports and politics, *Bounce* shows how competition provides a master key with which to unlock the mysteries of the world.

Users Review

From reader reviews:

Gary Lewis:

In this 21st century, people become competitive in most way. By being competitive currently, people have do something to make them survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that often many people have underestimated that for a while is reading. Yep, by reading a book your ability to survive improve then having chance to stay than other is high. For you who want to start reading a new book, we give you this particular *Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success* book as nice and daily reading publication. Why, because this book is usually more than just a book.

Noemi Burns:

The publication with title *Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success* includes a lot of information that you can study it. You can get a lot of help after read this book. That book exist new knowledge the information that exist in this book represented the condition of the world at this point. That is important to you to learn how the improvement of the world. This particular book will bring you inside new era of the globalization. You can read the e-book on your smart phone, so you can read that anywhere you want.

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