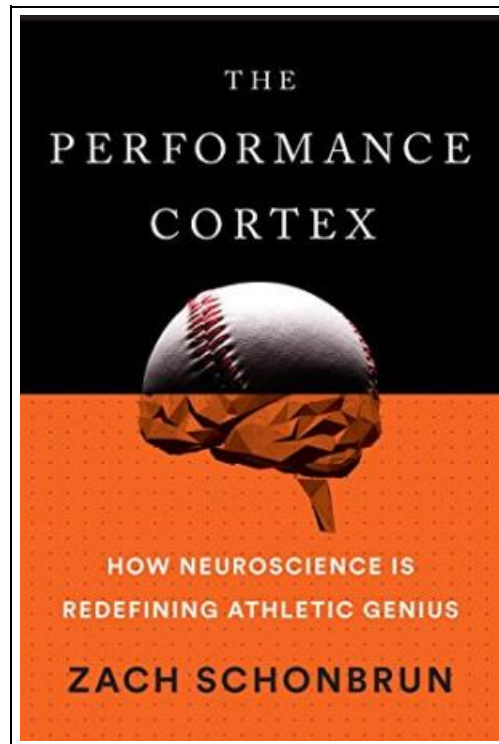


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Reviews

A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion.




(Macey Schneider)

THE PERFORMANCE CORTEX: HOW NEUROSCIENCE IS REDEFINING ATHLETIC GENIUS



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Dutton. Hardcover. Condition: New. 384 pages. Dimensions: 9.0in. x 6.0in. x 1.0in. Athletic genius. All the sports journalists in the world cant explain it. Why was Michael Jordan so good Was it just his joints and muscles Did he just eat better breakfasts Zach Schonbrun delivers a groundbreaking new perspective on the science of elite sporting performance. In the course of his work as a sports and business reporter at The New York Times, Zach Schonbrun came upon the research of two young entrepreneurial neuroscientists working on the neural profiles of athletes performing what is famously considered the hardest task in sport: hitting a baseball. They had developed their own brain measuring apparatus, which provided data suggesting a revolution in how we think about athletic ability. How well your brain controls your body--your motor control--is what matters most. Following this story led to the work of a band of researchers around the world, the motor hunters, and the most important book on sports since Moneyball. Those first two researchers that Schonbrun met are now under contract to major league baseball teams. Why couldnt Michael Jordan, master athlete that he was, hit a baseball Why cant modern robotics come close to replicating the dexterity of a five-year-old Why do good quarterbacks always seem to know where their receivers are Why are tennis stars math geniuses And why do all animals have brains in the first placeln this wide-ranging and deeply researched book, Schonbrun investigates the keys to what actually drives human movement and its spectacular potential. New explorations in the brain help explain the extraordinary skills that set apart talented performers like Stephen Curry, Peyton Manning, Roger Federer, Bryce Harper, Jordan Spieth, racing superstar Lewis Hamilton, ballet prodigy Misty Copeland, and international soccer star Neymar; as well as musical virtuosos like world-class...

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