



Peak: How to master almost anything

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Ericsson, Anders, Pool, Robert. Toronto, ON: Viking , 2016. (Book) — 1 copy, [1 available](#)

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“ For the first time in decades of groundbreaking research, the inventor of the 10,000-hour rule explains his techniques for developing mastery of any skill ; We live in a world full of people with extraordinary abilities. Consider what Roger Federer can do with a tennis ball, or Connor McDavid with ...