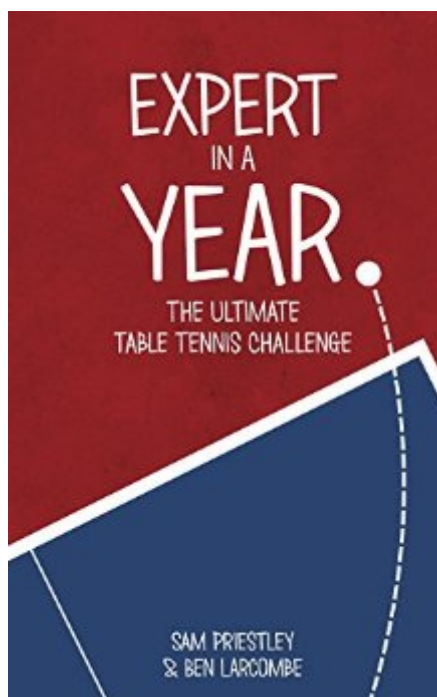


The book was found

Expert In A Year: The Ultimate Table Tennis Challenge



Synopsis

Sam Priestley was never Mr Sporty. After failed attempts at rowing and running he had all but given up on the possibility of becoming a sportsman. That was until childhood friend, and table tennis coach, Ben Larcombe convinced him to act as the guinea pig in an experiment he had concocted - The Expert in a Year Challenge. Starting 1st January 2014 novice Sam was immersed in the world of competitive table tennis. He began training every day and over the course of the year notched up hundreds of hours of practice in an attempt to reach a seemingly impossible goal. There was blood, sweat, tears, injuries, frustrations and moments of elation as the pair travelled up and down the UK, and beyond, in their quest for training, mentors and competition. Sam found potential he never thought he had, got better at table tennis than most people thought possible, and discovered what it feels like when 1.5 million people watch you fail. Here is their story, including all the ridiculous training methods and unreachable goals, and the surprising lessons they learnt from playing table tennis every day for a year.

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Customer Reviews

I somehow stumbled across this book after finding the viral video clip montage that Priestley and his

coach had uploaded. I was curious about the behind-the-scenes practice that went into the project, so I picked this up. The lessons within have tremendous utility for anyone looking to acquire a high level of skill in any discipline. I've read almost every popular book in the learning and skill acquisition field. For the uninitiated, *EXPERT IN A YEAR* will prove a good primer in the various techniques/approaches espoused by these texts. It goes a step further than most, however - most of the bestsellers are merely theoretical or academic exercises, where the author either interviewed experts, pulled from research papers etc. Biographies of experts often make it seem as if the subject was preternaturally talented - or the bulk of the hard work was done when the author was a child, the discipline forced upon them by coaches/parents or the time available to them because of a lack of other obligations. While such information is useful, for an adult looking to acquire a skill, the available resources often lack a practical component. 10,000 hours is the de facto benchmark for expert status - but even if you are a university student, with classes, practicing three hours a day, or even one, is almost an impossibility. What *Expert in a Year* shows, more than anything, is the level of sacrifice and dedication required to get good at ONE THING. Most books promise the moon, and that we will quickly acquire myriad skills in weeks with little adjustment to our routine.

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