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the talent code. In
the next section, we
will how ...

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Here ' s a quick
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ingredients behind
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describes how they

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their talents to light.

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Publisher: Random
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The talent code is built on revolutionary scientific discoveries involving a neural insulator called myelin, which some neurologists now consider to be the holy grail of acquiring skill. Here

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's why. Every human skill, whether it's playing baseball or playing Bach, is created by chains of nerve fibers carrying a tiny electrical impulse-basically, a signal traveling through a circuit.

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about myelin is that
it isn't fixed at
birth; to the
contrary, it grows,
and like anything
that grows, it can be
cultivated and
nourished.

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Combining
revelatory analysis
with illuminating
examples of regular
people who have
achieved greatness,
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extraordinary performers
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The good news about myelin is that it isn't fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating examples of regular people who have achieved greatness, this book will not only change the way you

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equip you to reach ...
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