## CONTENTS

## Introduction xiii

PART ONE: GETTING STARTED 1
Stare, Steal, and Be Willing to Be Stupid

PART TWO: IMPROVING SKILLS 37
Find the Sweet Spot, Then Reach

PART THREE: SUSTAINING PROGRESS 93
Embrace Repetition, Cultivate Grit, and Keep Big Goals Secret

Glossary 115

Appendix: The New Science of Talent Development 117

Further Reading 121

Acknowledgments 123