

Recommended reading

The following are interesting and easy to read books to help you understand more about ‘talent’ and where it comes from.

Talent is overrated: What really separates world-class performers from everybody else by Geoff Colvin.

Colvin offers new evidence to challenge the notion of natural talent.

The Talent Code: Unlocking the secret of skill in maths, art, music, sport and just about everything else by Daniel Coyle.

‘Talent - You’ve either got it or you haven’t’ - Coyle challenges this notion and argues that ability really can be created and nurtured.

Mindset: The new psychology of success. How we can learn to fulfil our potential by Carol S. Dweck.

Based on decades of research on achievement and success, Dweck identifies the key role of mindset in maximising potential.

The Gold Mine Effect: Crack the Secrets of High Performance by Rasmus Ankersen

A well written and interesting look at talent ‘gold mines’ and why some parts of the world produce a disproportionate amount of world class athletes. This book includes a very good chapter on parenting (Chapter 7).

The Genius in all of us: Why everything you’ve been told about genes, talent and intelligence is wrong by David Shenk.

Practical evidence on the new science of genetics arguing that talent is not a gift from birth and coded in our genes (genes interact with the environment) but a process – a lifelong project.

The Sports Gene: Talent, Practice and the Truth about Success by David Epstein.

An interesting look at the nature v nurture debate and the role of genetics in developing skills.

The Winner Effect: The Science of Success and how to use it By Ian Robertson.

What makes a winner? Are you born to be successful or is it a result of chance and circumstance?

Top Dog: The Science of Winning and Losing by Po Bronson and Ashley Merryman

A look at the evidence behind competitiveness and the crucial ingredients that stand between winning and losing.

Bounce: How Champions are made by Matthew Syed.

Real life sporting examples looking at the role of talent and the environment in asking just what it takes to become the very best.