



The Greatest: What Sport Teaches Us About Achieving Success (Paperback)

By Matthew Syed

Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. What can Roger Federer teach us about the secret of longevity? What do the All Blacks have in common with improvised jazz musicians? What can cognitive neuroscientists tell us about what happens to the brains of sportspeople when they perform? And why did Johan Cruyff believe that beauty was more important than winning? Matthew Syed, the Sports Journalist of the Year 2016 , answers these questions and more in a fascinating, wide-ranging and provocative book about the mental game of sport. How do we become the best that we can be, as individuals, teams and as organisations? Sport, with its innate sense of drama, its competitive edge, its psychological pressures, its sense of morality and its illusive quest for perfection, provides the answers.



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