



Faster, Higher, Stronger: How Sports Science Is Creating a New Generation of Superathletes--and What We Can Learn from Them

Mark McClusky

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The world of high-performance athletics is changing forever. Not so long ago, you could compete at the top level with hard work and a good coach, but today, it's impossible to separate the achievements of athletes from the scientists who support them.

In *Faster, Higher, Stronger*, veteran journalist Mark McClusky brings readers behind the scenes with a new generation of athletes, coaches, and scientists whose accomplishments are changing our understanding of human physical achievement and completely redefining the limits of the human body. At the exciting new frontier of sports, science, and technology, the book explores:

- * The role that genes and training play
- * How to find hidden champions and fasttrack greatness
- * The truth about the 10,000 hours rule
- * New research on breaking through fatigue
- * Revolutions in data and nutrition
- * And how we can apply the lessons about focus, dedication, and sheer ingenuity in our own lives.

Brimming with cutting-edge science and gripping anecdotes, *Faster, Higher, Stronger* is a fascinating, exhilarating look at how far we can push the boundaries of our bodies and minds.

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