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'Talent. You've either got it or you haven't.' Not true, actually. In *The Talent Code*, award-winning journalist Daniel Coyle draws on cutting-edge research to reveal that, far from being some abstract mystical power fixed at birth, ability really can be created and nurtured. In the process, he considers talent at work in venues as diverse as a music school in Dallas and a tennis academy near Moscow to demonstrate how the wiring of our brains can be transformed by the way we approach particular tasks. He explains what is really going on when apparently unremarkable people suddenly make a major leap forward. He reveals why some teaching methods are so much more effective than others. Above all, he shows how all of us can achieve our full potential if we set about training our brains in the right way.

With over 10,000 copies sold, *The Book of Self Mastery* is a thoughtfully curated collection of passages from the wisest thinkers in history on the discipline of mastering yourself. With so much chaos in our outer world, it can be all too easy for us to neglect our inner world. But it is this inner world which holds the keys to our peace and flourishing. The great philosophers, psychologists, and spiritual teachers have all argued that happiness is found, not in building the perfect life, but in fortifying and mastering the vehicle through which we traverse it. This collection contains many lifetimes worth of wisdom from brilliant teachers of the art of living, like Marcus Aurelius, Lao Tzu, Epictetus, The Buddha, Friedrich Nietzsche, Viktor Frankl, Abraham Maslow, and many more. It also features findings and insights from modern spiritual teachers, psychologists, and neuroscientists. And it now includes astute commentary based on a deep understanding of the thinkers and ideas presented. In this book, you will: Gain insights from Stoic philosopher Seneca on overcoming anger Find guidance from the Buddha on letting go of unhelpful attachments Learn from Robert Greene why continual discomfort is necessary for growth Hear how Roman emperor Marcus Aurelius embraced challenges and change Reflect on living an authentic life with Steve Jobs Hear what Confucius believed constituted the superior being Find direction on sculpting and overcoming yourself from Friedrich Nietzsche Learn how to eliminate negative thoughts and bad moods from Dr. David Burns And hear how to use difficulties in our lives as opportunities to grow from the Dalai Lama This simple book of quotes can serve as a daily reminder to focus on mastering yourself before trying to master the world. By studying these teachings, you'll find tranquility, inspiration, and wisdom on a life well-lived.

PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser: <http://amzn.to/2BrrARd> Daniel Coyle's *The Talent Code* is a groundbreaking book that reveals the truth about how talent is created--and why anyone can become truly great. Don't miss out on this ZIP Reads summary of *The Talent Code* and learn how to unlock your full potential today! About the Original Book: Daniel Coyle's *The Talent Code*:











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