

THE SPORTS GENE

DAVID
EPSTEIN

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Read by the Author

What makes an athlete a superstar? We tend to assume they are either genetic freaks, put on Earth to dominate a particular sport, or they are normal people who by sheer force of will and obsessive training overcame their innate biology. But the truth is far messier than a simple dichotomy between nature and nurture. David Epstein shows why it is highly unlikely that so-called genetic freaks are singularly endowed with superior athletic prowess and just as unlikely that individuals with few or none of the requisite athletic genes will be great, no matter how hard they work. In short, the nature means little without the nurture and vice versa. Epstein also explores some controversial questions, such as: Are black athletes genetically predetermined to dominate both sprinting and distance running? Can we test the genes of children to determine if they will be top athletes? Are men and women programmed to practice in different ways? Epstein combines groundbreaking genetics research with an engaging narrative approach.

“The narrative follows Mr. Epstein’s search for the roots of elite sport performance as he encounters characters and stories so engrossing that readers may not realize they’re receiving an advanced course in genetics, physiology, and sports medicine.”
—*New York Times*

“The Sports Gene...is a story told elegantly and with David Epstein’s indefatigable powers of investigation...You’ll be educated, and you’ll be fascinated.”
—*Sports Illustrated*

DAVID EPSTEIN has a master’s degree in environmental science and is an award-winning senior writer for *Sports Illustrated*, where he covers sports science, medicine, and Olympic sports. His investigative pieces are among *Sports Illustrated*’s highest-profile stories. An avid runner himself, he earned All-East honors on Columbia University’s varsity track squad. He lives in Brooklyn.



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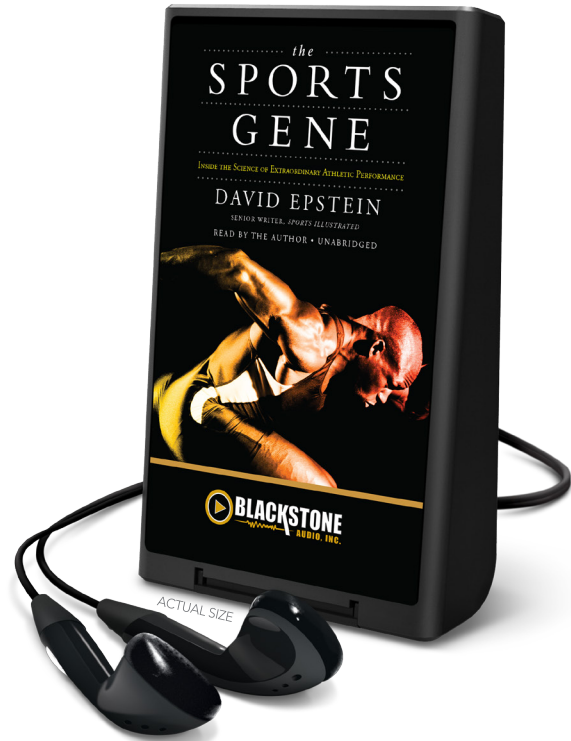
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