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Autore	Sigmundsson Hermundur
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Sommario/riassunto	This book explores how we learn new skills and knowledge. The book also focuses on how we become experts. Currently, there is an understanding that experts and expertise are made, and thus, deliberate practice and follow-up are needed over time to excel over the years. This volume will also analyze which factors may be important to be able to train your brain and behavior to develop expertise. Passion may be one such factor; others may be grit and a growth mindset.