



The Science of Sports: Winning in the Olympics

Scientific American Editors

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The Science of Sports: Winning in the Olympics by the editors of Scientific American

The Olympics are the world's most prestigious stage for athletic competition. Fans both casual and hardcore tune in religiously every few years to watch as men and women push themselves to the limits of human performance. But what makes a champion? Is it genetics? Hours of training? A psychological advantage? Of all the athletes who dedicate their lives - and bodies - to achieving that perfect moment of triumph, why will one person or team win out over another? Science has some compelling answers, and in this book, *The Science of Sports: Winning in the Olympics*, Scientific American explores this topic from various angles. Beginning with Section 1: The Psychology of Winning, the book opens with a look inside the mind of an elite athlete and tackles questions of how to face a rivalry or maintain a positive attitude in the face of defeat. Other sections discuss the sticky issues surrounding genetic advantages and physical prowess, drugs and doping, injury and recovery, and - finally - the latest scientific advice for the rest of us mere mortals to be fit and healthy. You'll find both inspiration and answers in this indispensable book from the editors of Scientific American, the leading authority on science, technology and innovation.



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