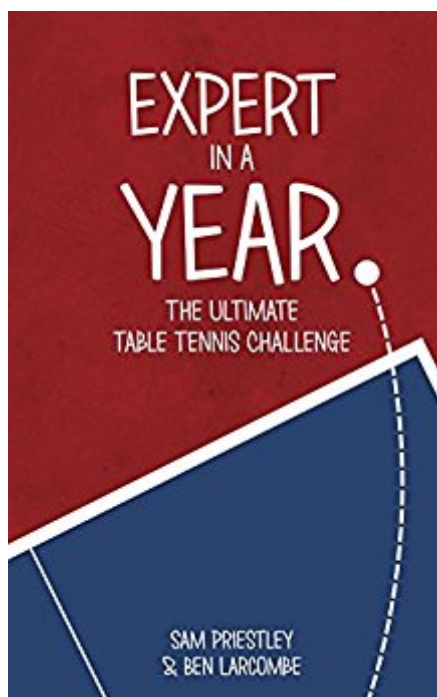


The book was found

# Expert In A Year: The Ultimate Table Tennis Challenge



## Synopsis

Sam Priestley was never Mr Sporty. After failed attempts at rowing and running he had all but given up on the possibility of becoming a sportsman. That was until childhood friend, and table tennis coach, Ben Larcombe convinced him to act as the guinea pig in an experiment he had concocted - The Expert in a Year Challenge. Starting 1st January 2014 novice Sam was immersed in the world of competitive table tennis. He began training every day and over the course of the year notched up hundreds of hours of practice in an attempt to reach a seemingly impossible goal. There was blood, sweat, tears, injuries, frustrations and moments of elation as the pair travelled up and down the UK, and beyond, in their quest for training, mentors and competition. Sam found potential he never thought he had, got better at table tennis than most people thought possible, and discovered what it feels like when 1.5 million people watch you fail. Here is their story, including all the ridiculous training methods and unreachable goals, and the surprising lessons they learnt from playing table tennis every day for a year.

## Book Information

File Size: 437 KB

Print Length: 146 pages

Page Numbers Source ISBN: 1515184498

Publication Date: August 17, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0142TUYE6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #84,536 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÂ Books

> Sports & Outdoors > Racket Sports > Table Tennis #1 inÂ Kindle Store > Kindle eBooks >

Nonfiction > Sports > Racket Sports > Table Tennis #112 inÂ Kindle Store > Kindle eBooks >

Nonfiction > Sports > Miscellaneous

## Customer Reviews

I somehow stumbled across this book after finding the viral video clip montage that Priestley and his

coach had uploaded. I was curious about the behind-the-scenes practice that went into the project, so I picked this up. The lessons within have tremendous utility for anyone looking to acquire a high level of skill in any discipline. I've read almost every popular book in the learning and skill acquisition field. For the uninitiated, *EXPERT IN A YEAR* will prove a good primer in the various techniques/approaches espoused by these texts. It goes a step further than most, however - most of the bestsellers are merely theoretical or academic exercises, where the author either interviewed experts, pulled from research papers etc. Biographies of experts often make it seem as if the subject was preternaturally talented - or the bulk of the hard work was done when the author was a child, the discipline forced upon them by coaches/parents or the time available to them because of a lack of other obligations. While such information is useful, for an adult looking to acquire a skill, the available resources often lack a practical component. 10,000 hours is the de facto benchmark for expert status - but even if you are a university student, with classes, practicing three hours a day, or even one, is almost an impossibility. What *Expert in a Year* shows, more than anything, is the level of sacrifice and dedication required to get good at ONE THING. Most books promise the moon, and that we will quickly acquire myriad skills in weeks with little adjustment to our routine.

[Download to continue reading...](#)

Expert In A Year: The Ultimate Table Tennis Challenge Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis) Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days Expert Table Tennis Serves The Must Have 2016 Sudoku Puzzle Book: 366 puzzle daily sudoku book for the leap year. A challenge for every day of the year. 366 Sudoku Games - 5 levels of difficulty (easy to hard) International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis The Tennis Drill Book (Tennis Drill Book, Paper) The Tennis Book: The Illustrated Encyclopedia of World Tennis Tennis Strings Made Easy: All you need to know about Tennis Strings Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) 30 Day Whole Food Challenge: AWARD WINNING Recipes Guaranteed to Drop Weight; Take the Challenge Today! 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole

Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) Table Tennis: Steps to Success Table Tennis - How to Classify, Read, Predict Spins & Return a Spinning Ball: Referring to the Principles of Physics Revelations of a Table Tennis Champion Table Layout in CSS: CSS Table Rendering in Detail

[Dmca](#)