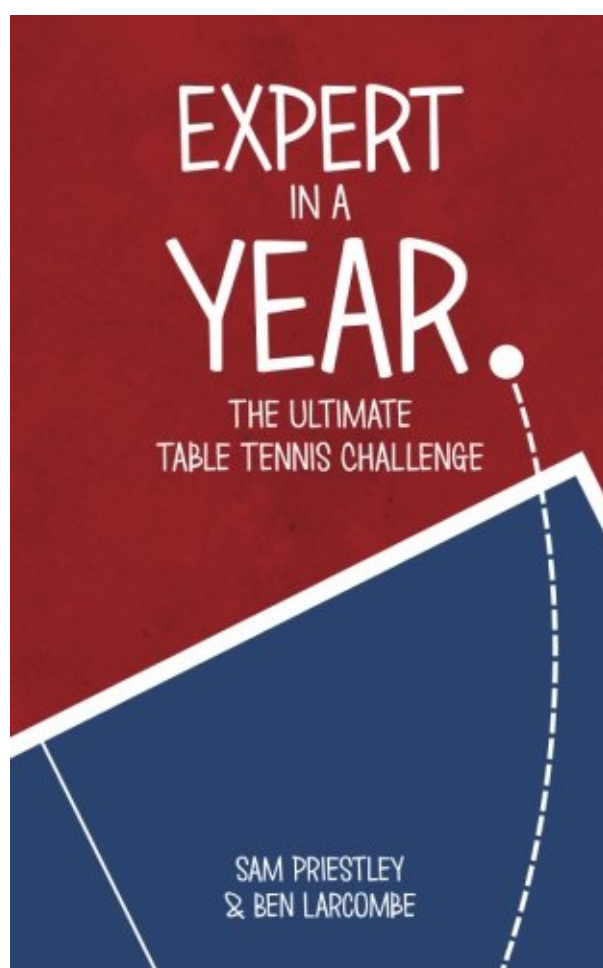
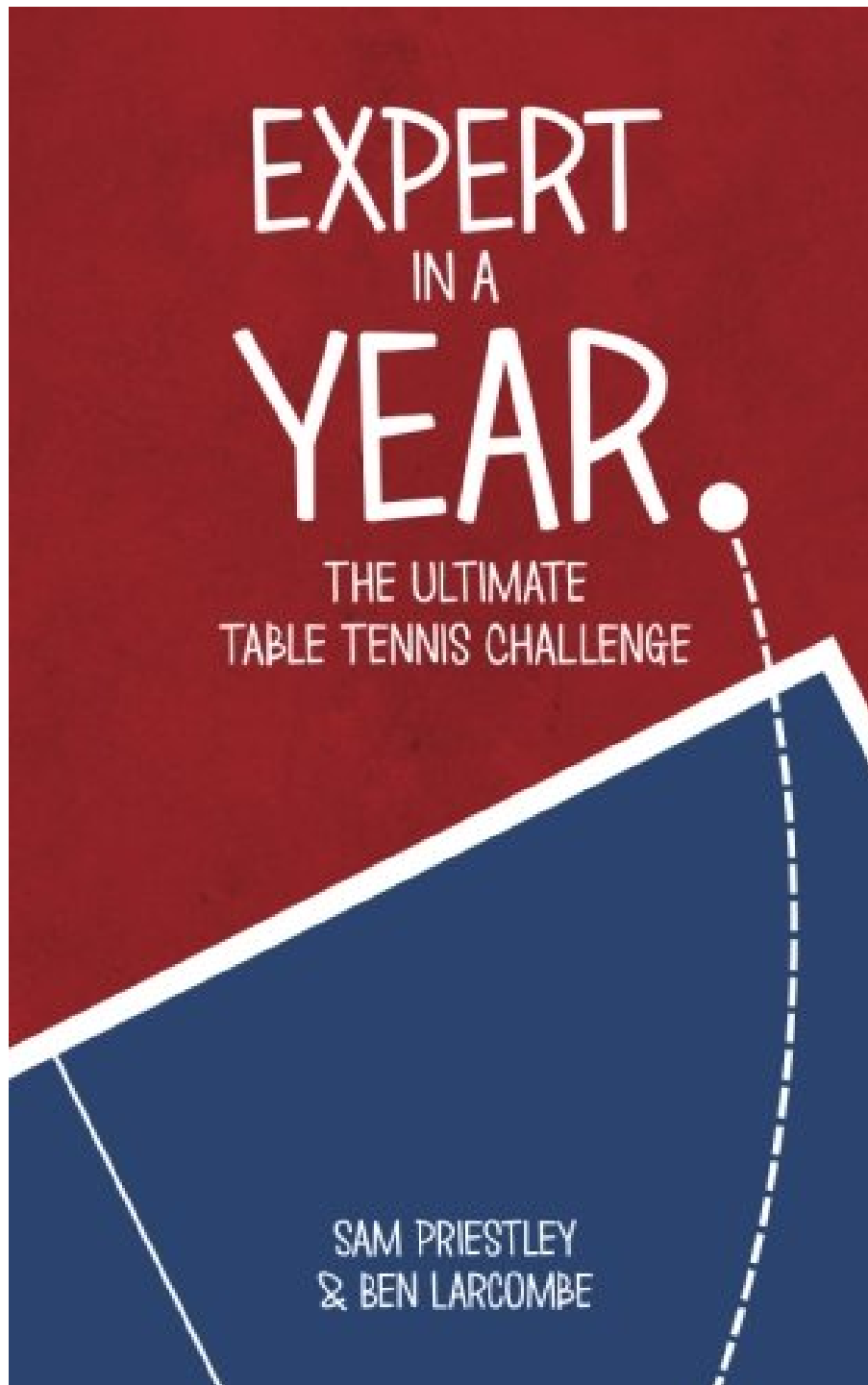


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Sam Priestley was never Mr Sporty. After failed attempts at rowing and running he had all but given up on the possibility of becoming a sportsman. That was until childhood friend, and table tennis coach, Ben Larcombe convinced him to act as the guinea 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.

- Sales Rank: #796537 in Books
- Published on: 2015-08-18
- Original language: English
- Dimensions: 8.00" h x .36" w x 5.00" l,
- Binding: Paperback
- 144 pages

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3 of 3 people found the following review helpful.

4.5 stars; practical, entertaining and enlightening.

By N. Johansen

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. This book shatters this myth completely, and provides reassurance to all those seeking mastery that they are not, in fact, going down the wrong path, and that it is, indeed, quite difficult and full of tremendous self-doubt/challenge. Towards the end, Priestly notes that his social life has declined significantly due to his constant entries in tournaments, and that "[table tennis] had completely taken over [his] life."

Nothing in life comes free, although many other courses and books will promise you as such. The honesty here is refreshing, and seeing a normal person pursue greatness in real-time is tremendously helpful - both practically and psychologically. Recommended for anyone interested in mastery, learning or skill acquisition.

For those interested in learning more about proper practice techniques and what it takes to develop high levels of skill, I would recommend BOUNCE by Matthew Syed (the best book on 10,000 hours and mastery I've read) and MAKE IT STICK by Peter C. Brown/Henry I. Roediger/Mark A. McDaniel. The Bulletproof Musician (blog) is also a tremendous resource for those who are interested in learning an instrument.

2 of 2 people found the following review helpful.

Honest, Interesting & Well Written - I'd highly recommend this book

By Alan Chatfield

A nice, genuine and genuinely interesting book. Interesting specifically for anyone who's into Table Tennis (like me) but also for anyone who's interested in learning in general, challenging oneself or just reading about other people's experiences. The book is very honest and very well written with plenty of useful references for learning methods and also, of course, resources for table tennis.

It's a bit of a page-turner too - I just bought the book a few hours ago and I'm already 50% through it (I've read more than enough to leave this review, already very impressed - it's a bargain at the price).

1 of 1 people found the following review helpful.

Great Read!

By txsckb

Honest discussion of how the author and his coach tackled the challenge of "Expert in a Year." The lessons they learned were more about themselves than about becoming a top ranked table tennis champion in a year. But the year of discipline and practice devoted to a goal paid off in many unexpected and beneficial ways. Lessons in this little book that will benefit anyone.

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