



El gen deportivo (Indicios no ficción) (Spanish Edition)

David Epstein

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Nueva luz sobre el viejo debate de talento versus esfuerzo El debate es tan viejo como el deporte competitivo. Estrellas como Usain Bolt, Michael Phelps y otros ¿son engendros de la naturaleza nacidos para triunfar o simplemente son personas que han ido más allá de sus límites biológicos a través de entrenamiento y determinación? La verdad es mucho más complicada que la simple dicotomía entre naturaleza y crianza. En la década posterior a la codificación del genoma humano, diversos investigadores han estudiado la relación existente entre los componentes biológicos de un ser humano y el ambiente competitivo en el cual se desarrolla. La ciencia del deporte ha entrado en una nueva era.

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