

Daniel Coyle

Quotes

*Skills, Practice, Perfect, Struggle, Energy, Mistake, Baby, Focus, Insulation,
Might, Heart, Looks, Sweet, Substitutes, Brain, Dark, Building, Making Mistakes,
Passion, Royal*

Baby steps are the royal road to skill.

~Daniel Coyle

There is no substitute for attentive repetition.

~Daniel Coyle

To sum up: it's time to rewrite the maxim that practice makes perfect. The truth is, practice makes myelin, and myelin makes perfect.

~Daniel Coyle

You have to be willing to stop and fix. Deep practice requires a willingness to do what many of us find uncomfortable: to admit to our errors, and focus on them.

~Daniel Coyle

Although talent feels and looks predestined, in fact we have a good deal of control over what skills we develop, and we have more potential than we might ever presume to guess.

~Daniel Coyle

Failure is not a verdict; making mistakes is the price of the ticket.

~Daniel Coyle

Skills are really just circuits in your brain

~Daniel Coyle

Practice makes myelin, and myelin makes perfect.

~Daniel Coyle

The solution is to ignore the bad habit and put your energy toward building a new habit that will override the old one.

~Daniel Coyle

The staggering babies embody the deepest truth about deep practice:

to get good, it's helpful to be willing, or even enthusiastic, about being bad. Baby steps are the royal road to skill.

~Daniel Coyle

Skill is a cellular insulation that wraps neural circuits and that grows in response to certain signals.

~Daniel Coyle

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