



## **Skill: 40 Principles that Surgeons, Athletes, and Other Elite Performers Use to Achieve Mastery**

*Christopher S. Ahmad*

[Download now](#)

[Read Online](#) ➔

## Skill: 40 Principles that Surgeons, Athletes, and Other Elite Performers Use to Achieve Mastery

*Christopher S. Ahmad*

### Skill: 40 Principles that Surgeons, Athletes, and Other Elite Performers Use to Achieve Mastery Christopher S. Ahmad

Skill — of every sort — is an integral part of who we are and how we navigate the world. It feeds our success and fuels our failures (which is a good thing). However, too few of us embrace the notion that acquiring skill is a skill in itself.

How we develop skill; the effort we put in; our attitudes even, as we work to improve, requires specific attributes of its own. In his book, SKILL, Christopher Ahmad, MD, provides 40 clear and compelling tips on how to achieve mastery — regardless of your pursuits.

Dr. Ahmad is the Head Team Physician for the New York Yankees, a Professor of Orthopaedic Surgery, as well as an internationally recognized Orthopaedic Surgeon — he is also an aspiring competitive chess player, skier, chef, oenophile, soccer player, coach, friend, husband, son, brother and parent. To excel in each of these endeavors, he has dedicated his life to skill acquisition — from the hard skills required to save a multimillionaire athlete's career to the soft skills of parenting. Dr. Ahmad consciously strives to be better at everything at all times. He will tell you he is not naturally gifted; that practice, patience and persistence have led him through this journey.

Based on the life lessons he absorbed reading NY Times best-selling author Daniel Coyle's The Talent Code, Chris fashioned his own take on how to achieve excellence by focusing on the best ways to acquire and master skills as much as the skills themselves.

### Skill: 40 Principles that Surgeons, Athletes, and Other Elite Performers Use to Achieve Mastery Details

Date : Published June 1st 2015 by Lead Player LLC

ISBN : 9780996388504

Author : Christopher S. Ahmad

Format : Paperback 212 pages

Genre : Nonfiction, Business, Self Help, Sociology

 [Download Skill: 40 Principles that Surgeons, Athletes, and Other ...pdf](#)

 [Read Online Skill: 40 Principles that Surgeons, Athletes, and Oth ...pdf](#)

### Download and Read Free Online Skill: 40 Principles that Surgeons, Athletes, and Other Elite Performers Use to Achieve Mastery Christopher S. Ahmad

## **From Reader Review Skill: 40 Principles that Surgeons, Athletes, and Other Elite Performers Use to Achieve Mastery for online ebook**

### **Nelya says**

Surgeons would definitely find this book very useful. The author gives lots of great advice on how to become the best. Although he includes many descriptions of his experiences both in OR and personal life, it could really be applied to anyone. The book is great and is quick to read.

I won this book through Goodreads Firstreads.

---

### **Claudia Blanton says**

I had high expectations from this book - after all, it was supposed to come from the viewpoint of a highly-skilled surgeon, talking about how professionals, even in the highest level of sports achieve their goals. Instead, it was a standard re-hashing of what is already known to most who read self-help books on a regular basis, just worked a little differently. Considering what it promised I gave it three stars, but I do think it has a lot of valid points. If you need your self-help message packaged a little differently, then you will get some useful information out of this book. It is just nothing special, not like what is sounded like from the blurb.

---

### **Whistlers Mom says**

I was very hesitant when I was offered a copy of this book. I'm not a surgeon, I'm not interested in professional sports, and I don't usually like self-help books. And yet I read this one in one gulp and wanted to give a copy to everyone I know and force them to read it.

This book explains the difference between mediocre and outstanding. And that difference is humility, attention to detail, and a relentless drive to improve.

This is a man who opens his book with four words on an otherwise blank page. "I am not gifted...." This is a man who wanted to play soccer both because he loved the game and because he knew that trying to be the best player he could be was excellent training for a stellar career. This is a man who insisted on studying engineering and then going to medical school because he wanted to be a surgeon and knew that knowing engineering concepts would help him develop innovative ways to repair the human body.

And yet, his approach to medicine is far from being the sterile, arrogant attitude that we associate with surgeons. He acknowledges the need for confidence, but he also stresses the equal importance of "soft skills" and interpersonal relationships. In any field, there are those who have reached a certain level and spend the remainder of their working lives hanging on to the status quo. Dr. Ahmad believes that everyone at every level must always be striving to improve. To do less is unfair to your patients (or clients, or partners) and unfair to yourself.

Anyone who can read this book without becoming excited and motivated is beyond hope and help. It's a great book.

## Dan says

Excellent book on achieving mastery

---

## Guy says

I registered a book at BookCrossing.com!  
<http://www.BookCrossing.com/journal/14396092>

---