

On sports gene” by david epstein. in

[Art & Culture](#), [Music](#)



On the contrary, some say innate talent along with average work ethic determines fate over any other factor, but their theory can be proved incorrect. The first source used to make this theory wrong is called "The Sports Gene" by David Epstein. In the story, there is a boy named Thomas, he was born with a large Achilles tendon which allowed for him to jump high. Although he won a world high jump title, he never put in the "grind" to become better afterwards.

Like Epstein said "Thomas debuted on top and has not progressed... He seems to contradict the deliberate practice framework in all directions" (Epstein 8). At times when he could've took over and controlled his fate by practicing to win more medals, he did not (Epstein).

Going back to Gladwell, "... the merely good students had totaled eight thousand hours... the future music teachers had totaled just over four thousand hours"(12).

Before this Gladwell mentioned, "elite performers had each totaled ten thousand hours of practice (12). The more time put in, the better you are set up for a thriving fate. Lastly, a quote from Dale Carnegie, "When fate hands you lemons, make lemonade." This quote explains that a person may be born with an advantage, but how they put it to work is really how they decide the rest of their fate.

All in all, conditions individuals are born into, and little efforts put into their objectives does not decide their fate, but their "grind," investments, and bravery will. A strong fate will come to those who don't wait and get on

their “grind” as soon as possible. Those who wait for fate to come to them will not be happy when the fate they dreamed of doesn’t become a reality.

Whatever your plans are for the future of your fate, work for it, invest in it, and be brave even when you think you aren’t going to make it happen. Your fate is in your hands.