David Epstein

Range: Why Generalists Triumph in a Specialized World

New York Times best-selling author and science writer David Epstein has made it his mission to uncover the keys to achieving high performance in any domain, and to debunk popular myths along the way.

Epstein shows that at every stage of life, from the development of children in math, music, and sports, to students fresh out of college trying to find their way, to midcareer professionals in need of change, to retirees looking for a new vocation—generalists triumph as the world around them becomes increasingly specialized.

Epstein unpacks the science of success—leaving audiences with actionable takeaways to improve how they live, work, and prepare themselves and their children for the future.