

THE HIDDEN HABITS OF GENIUS

BEYOND TALENT, IQ, AND GRIT—
UNLOCKING THE SECRETS OF GREATNESS



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 12. Quoted in Elliot S. Valenstein, *The War of the Soups and the Sparks: The Discovery of Neurotransmitters and the Dispute over How Nerves Communicate* (New York: Columbia University Press, 2005), 58.
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Chapter 14: Time to Concentrate!

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