

David Epstein

#1 NYT Bestselling Author of *Range* and *The Sports Gene* & Expert on the Science of High Performance

Since the debut of his #1 New York Times bestseller *Range: Why Generalists Triumph in a Specialized World*, David Epstein has topped the recommended book lists of everyone from Bill Gates and Adam Grant to *The Wall Street Journal*, *The Sunday Times*, *Financial Times*, *Forbes*, and *Inc.* He has engaged in a notable “nerd fight of gladiatorial proportions” with Malcolm Gladwell, been featured on *Good Morning America* and *CBS Mornings*, seen his books translated into more than 30 languages, and reached more than 12 million views with his two TED talks.

David’s much-anticipated third book expands his relentless, myth-busting pursuit of the secrets of high performance, building on *Range* and his previous *New York Times* bestseller, *The Sports Gene: Inside the Science of Extraordinary Athletic Performance*. Slated for May of 2026, the new book examines how constraints, limitations, and restrictions can actually be catalysts for focus, creativity, innovation, organizational resilience, and reinvention in today’s rapidly changing environments.

As a speaker, David has inspired (and provoked) global audiences at Amazon, Microsoft, Google, Fidelity, JP Morgan, Deloitte, Gartner, Procter & Gamble, World 50, Kaiser Permanente, NASA, the U.S. Army, the Association for Talent Development, the University of Pennsylvania, the World Knowledge Forum, and many others with his fascinating presentations on the keys to achieving high performance. Combining surprising data and meticulous research with eye-catching graphics and thought-provoking stories from the worlds of sports, business, science, and the arts, David overturns previous notions and makes the case for why *Range* is the new personal and organizational superpower. Audiences gain

actionable insights on fostering innovation, building a future-proof career and workforce, confronting change with resilience, navigating disruption, and turning challenges into opportunities.

A science writer and former investigative journalist, David has built a reputation for challenging mistranslations of scientific research, especially when it comes to humans achieving their highest potential. His popular newsletter, “Range Widely,” generates millions of annual views, and counts among its subscribers CEOs, Army generals, and pro sports general managers. When he was a senior writer at *Sports Illustrated*, David authored or co-authored several of the magazine’s most high-profile pieces, including the exposé that first broke the news of Yankees third baseman Alex Rodriguez’s steroid use. Later, as an investigative reporter for *ProPublica*, his work ranged from investigating drug cartels to an episode of *This American Life* about an Olympic medalist with a rare genetic mutation. He later hosted *Slate*’s popular “How To!” podcast. David’s first *New York Times* bestseller, *The Sports Gene*, explored the balance of nature and nurture in becoming a world-class athlete, and attracted readers including Barack Obama and Condoleezza Rice.

David has written for *The New York Times*, *The Wall Street Journal*, *The Atlantic*, *National Geographic*, and more. His work has been honored by an array of organizations, including the National Academy of Sciences, the Society of Professional Journalists, the National Center on Disability and Journalism, and has been included in *The Best American Science and Nature Writing*.

Like the people he featured in *Range*, David has had a winding career that included a broad “sampling period” as a scientist. He worked as an ecology researcher in the Arctic, studied geology and astronomy while residing in the Sonoran Desert, and joined

the crew of a seismic research vessel shortly after it had been attacked by pirates. David holds master's degrees in environmental science and journalism from Columbia University and is a past volunteer with the Pat Tillman Foundation and Classroom Champions. He currently serves as an advisor to Invisible, a platform that blends AI and human intelligence to manage and improve complex business processes, and is a former board member of Jubilee Jumpstart, an early childhood education center for families with the least access. An avid runner, David was a Columbia University record holder and twice NCAA All-East as an 800-meter runner.

Speech Topics

The Power of *Range*: Achieving Success and High Performance in Any Domain

“David Epstein manages to make me thoroughly enjoy the experience of being told that everything I thought about something was wrong.” —Malcolm Gladwell

The secrets to success and high performance are not what we always thought they were. That's why David Epstein's #1 *New York Times* bestseller, *Range*, has sold more than a million copies worldwide and topped the major must-read and best-seller lists for business, leadership, and entrepreneurship books—including *Forbes, Inc.*, *The Sunday Times*, and *The Washington Post*, as well as Apple's best audiobooks and Amazon's best business books. Additionally, *Range* was one of only five books included in Bill Gates' "Holiday Books List," made Adam Grant's "New Leadership Books to Read," and was a finalist for *The Financial Times/McKinsey* "Business Book of the Year." In this highly motivating talk, David draws upon his fascinating research

on the world's most successful athletes, artists, business leaders, musicians, inventors, forecasters, scientists, and more to shatter myths and provide actionable insights on the science of high performance. Did you know that athletes who sample different sports are more likely to succeed in the long term than those who specialized early (case in point: Roger Federer vs. Tiger Woods)? Or, that most Nobel Laureates have a hobby or dabble outside their primary area of research? David contends that in most fields—especially those that are complex, unpredictable, and difficult to automate—generalists, not specialists, are primed to excel. Generalists often find their path late or juggle many interests rather than focusing on one. They're also more creative, agile, and able to make connections their more specialized peers can't see—making them much better forecasters in a constantly changing, unpredictable world. Be prepared to rethink everything you thought you knew about paths to success as David Epstein unlocks the secrets to achieving high performance in any field or profession.

Confronting Change with Range & Resilience: Navigating Disruption & Turning Challenges into Opportunities

The post-pandemic world is changing at an unprecedented rate. New technologies such as AI and constant disruption demand that organizations and individuals become more resilient, agile, and equipped to tackle ambiguity on a daily basis. What was once a predictable, “kind” environment is now an uncertain, “wicked” one, requiring updated approaches to hiring, team formation, training, and creating resilient cultures grounded in diverse skill sets. In this impactful and empowering talk, David Epstein shares enlightening data, riveting research, and eclectic success stories (ranging from business leaders and legendary athletes to chess champions and NASA engineers) from his #1 *New York Times* bestseller, *Range: Why Generalists Triumph in a Specialized*

World. Audiences gain insightful, actionable takeaways that will inspire them to embrace change, break down silos, make better-informed decisions, re-invent their roles, re-tool their skills, and turn change, challenges, and setbacks into opportunities and triumphs.

***Range* and Innovation: What We Can Learn from Serial Innovators**

In an organization with *Range*, there is a culture of constant learning and broadening of skills, and everyone can break out of silos to take a bird's-eye view of their environment and competitive landscape. In such settings, change is embraced rather than feared, creativity flourishes, collaboration is optimized, and innovation abounds. In this game-changing talk, David Epstein recounts his experiences examining organizations ranging from 3M and NASA to the Girl Scouts and the United States Army to demonstrate how teams with diverse backgrounds, talents, and skill sets are best positioned to innovate. Audiences receive actionable takeaways that will inspire them to continually learn and improve, and value perspectives and backgrounds different from their own. He also shares proven practices from innovative organizations that foster meaningful collaboration and breakthrough results.