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would be the fairly unexceptional sounding ‘learn from your mistakes’.

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“Marginal gains, as an approach, is about having the intellectual honesty to see where you are going wrong, and delivering improvements as a result.” Sir David Brailsford, Team Sky General

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Manager, quoted in Black Box Thinking;
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Cash has talked today about Djokovic
seeming to have applied the ‘1% rule’ →
incremental gains that have added up to an
overall improvement in his game of 5 or
6%. That’s a huge increase in the context
of professional sport.

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Black box thinking starts by storytelling
the undeniable mistakes in the healthcare
sector, particularly with the case of Elaine
Bromiley's. It appears that healthcare
industry was not open to mistakes that are
happening inside especially if the case was

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And The Secrets Of High Performance
life-threatening because the whole industry encourages 0% mistakes since they're dealing with life itself.

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Black Box Thinking. By Michael Taylor. Matthew Syed is a former table tennis international and author on factors drives high performance with his books Bounce and Black Box Thinking. He is a consultant on boosting creativity, and identifying marginal gains in order to gain an edge. Both of his books are directly applicable to trading.

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~~Black Box Thinking - Shifting Shares~~

A variety of industries are covered (Sports, Healthcare, Aviation, Crime etc) which really opens up the idea of marginal gains to an easily digested subject to anyone. I learned a great deal from this book as an HR Manager in a technology office but also as a Club Operations Manager in a Youth Football Club. This really applies everywhere.

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