

# Mindset: The New Psychology of Success (Your Coach in a Box)

By Carol Dweck

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## **Mindset: The New Psychology of Success (Your Coach in a Box)** By Carol Dweck

A leading expert in motivation and personality psychology, Carol Dweck has discovered in more than twenty years of research that our mindset is not a minor personality quirk: it creates our whole mental world. It explains how we become optimistic or pessimistic. It shapes our goals, our attitude toward work and relationships, and how we raise our kids, ultimately predicting whether or not we will fulfill our potential. Dweck has found that everyone has one of two basic mindsets.

If you have the fixed mindset, you believe that your talents and abilities are set in stone--either you have them or you don't. You must prove yourself over and over, trying to look smart and talented at all costs. This is the path of stagnation. If you have a growth mindset, however, you know that talents can be developed and that great abilities are built over time. This is the path of opportunity-and success.

Dweck demonstrates that mindset unfolds in childhood and adulthood and drives every aspect of our lives, from work to sports, from relationships to parenting. She reveals how creative geniuses in all fields-music, literature, science, sports, business-apply the growth mindset to achieve results. Perhaps even more important, she shows us how we can change our mindset at any stage of life to achieve true success and fulfillment. She looks across a broad range of applications and helps parents, teachers, coaches, and executives see how they can promote the growth mindset.

Highly engaging and very practical, *Mindset* breaks new ground as it leads you to change how you feel about yourself and your future.

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### Editorial Review

From Publishers Weekly

Mindset is "an established set of attitudes held by someone," says the Oxford American Dictionary. It turns out, however, that a set of attitudes needn't be so set, according to Dweck, professor of psychology at Stanford. Dweck proposes that everyone has either a fixed mindset or a growth mindset. A fixed mindset is one in which you view your talents and abilities as... well, fixed. In other words, you are who you are, your intelligence and talents are fixed, and your fate is to go through life avoiding challenge and failure. A growth mindset, on the other hand, is one in which you see yourself as fluid, a work in progress. Your fate is one of growth and opportunity. Which mindset do you possess? Dweck provides a checklist to assess yourself and shows how a particular mindset can affect all areas of your life, from business to sports and love. The good news, says Dweck, is that mindsets are not set: at any time, you can learn to use a growth mindset to achieve success and happiness. This is a serious, practical book. Dweck's overall assertion that rigid thinking benefits no one, least of all yourself, and that a change of mind is always possible, is welcome. (*On sale Feb. 28*) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

### Review

An utterly compelling story of how the way we think shapes our success. Essential reading for anyone with aspirations. -- Matthew Syed, author of *Bounce* and two-time Olympic athlete. Will prove to be one of the most influential books ever about motivation. -- Po Bronson, author of *NurtureShock* A good book is one whose advice you believe. A great book is one whose advice you follow. I have found Carol Dweck's work on mindsets invaluable in my own life, and even life-changing in my attitudes toward the challenges that, over the years, become more demanding rather than less. This is a book that can change your life, as its ideas have changed mine. -- Robert J. Sternberg, IBM Professor of Education and Psychology at Yale University. If you manage any people or if you are a parent (which is a form of managing people), drop everything and read *Mindset*. -- Guy Kawasaki, author of *The Art of the Start*.

### About the Author

Carol S. Dweck, Ph.D., is widely regarded as one of the world's leading researchers in the fields of personality, social psychology, and developmental psychology. She has been the William B. Ransford Professor of Psychology at Columbia University and is now the Lewis and Virginia Eaton Professor of Psychology at Stanford University and a member of the American Academy of Arts and Sciences. Her scholarly book *Self-Theories: Their Role in Motivation, Personality, and Development* was named Book of the Year by the World Education Fellowship. Her work has been featured in such publications as *The New Yorker*, *Time*, *The New York Times*, *The Washington Post*, and *The Boston Globe*, and she has appeared on *Today* and *20/20*. She lives with her husband in Palo Alto, California

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#### Lisa Rice:

Now a day people who Living in the era wherever everything reachable by talk with the internet and the resources included can be true or not need people to be aware of each information they get. How individuals to be smart in having any information nowadays? Of course the answer then is reading a book. Looking at a

book can help people out of this uncertainty Information specifically this Mindset: The New Psychology of Success (Your Coach in a Box) book as this book offers you rich data and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you know.

#### **Herbert Willams:**

Mindset: The New Psychology of Success (Your Coach in a Box) can be one of your beginner books that are good idea. We all recommend that straight away because this publication has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to place every word into enjoyment arrangement in writing Mindset: The New Psychology of Success (Your Coach in a Box) nevertheless doesn't forget the main position, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information can drawn you into brand new stage of crucial considering.

#### **Gary Simms:**

Many people spending their time period by playing outside using friends, fun activity together with family or just watching TV all day every day. You can have new activity to spend your whole day by reading through a book. Ugh, do you consider reading a book really can hard because you have to bring the book everywhere? It fine you can have the e-book, bringing everywhere you want in your Cell phone. Like Mindset: The New Psychology of Success (Your Coach in a Box) which is obtaining the e-book version. So , try out this book? Let's view.

#### **Judy Marinez:**

A lot of people said that they feel bored when they reading a reserve. They are directly felt the item when they get a half regions of the book. You can choose typically the book Mindset: The New Psychology of Success (Your Coach in a Box) to make your current reading is interesting. Your own personal skill of reading expertise is developing when you like reading. Try to choose very simple book to make you enjoy to learn it and mingle the sensation about book and reading through especially. It is to be 1st opinion for you to like to wide open a book and examine it. Beside that the e-book Mindset: The New Psychology of Success (Your Coach in a Box) can to be your brand new friend when you're sense alone and confuse with what must you're doing of their time.

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