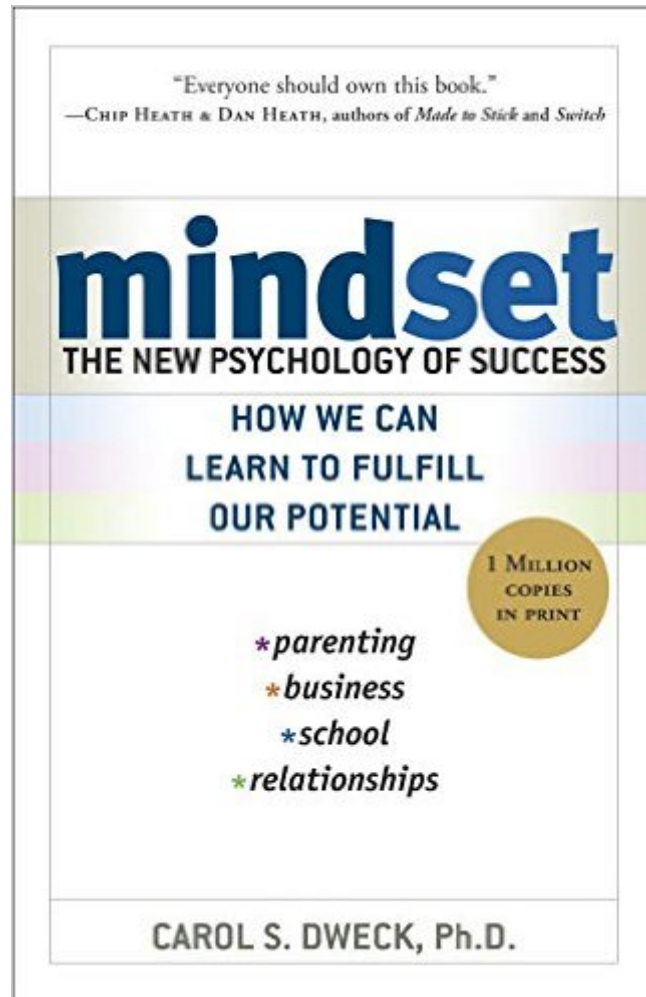


The book was found

Mindset: The New Psychology Of Success



Synopsis

World-renowned Stanford University psychologist Carol Dweck, in decades of research on achievement and success, has discovered a truly groundbreaking idea—the power of our mindset. Dweck explains why it's not just our abilities and talent that bring us success—but whether we approach them with a fixed or growth mindset. She makes clear why praising intelligence and ability doesn't foster self-esteem and lead to accomplishment, but may actually jeopardize success. With the right mindset, we can motivate our kids and help them to raise their grades, as well as reach our own goals—personal and professional. Dweck reveals what all great parents, teachers, CEOs, and athletes already know: how a simple idea about the brain can create a love of learning and a resilience that is the basis of great accomplishment in every area.

Praise for Mindset

“Everyone should read this book.” —Chip and Dan Heath, authors of *Switch* and *Made to Stick*

“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, director of the PACE Center of Yale University, and author of *Successful Intelligence*

“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* and the blog *How to Change the World*

“Highly recommended . . . an essential read for parents, teachers [and] coaches . . . as well as for those who would like to increase their own feelings of success and fulfillment.” —Library Journal (starred review)

“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.” —Publishers Weekly

“A wonderfully elegant idea . . . It is a great book.” —Edward M. Hallowell, M.D., author of *Delivered from Distraction*

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Customer Reviews

I'll begin with a summary which allows you, dear reader, to decide if you should read any more of this review: The irony of Dweck's book is that if the reader understands and believes what she's saying, then after the first chapter that reader has no reason to keep reading. And now, the long (Dweck) version. I was first made aware of this book and its ideas in a seminar on motivating students about a month and a half ago. As presented in the seminar, these seemed like great ideas: intelligence is not fixed, it is learnable, changeable, even teachable. Asking the right questions and making the right comments in the classroom can change the way students approach learning and thinking, and encourage them to grow and learn much more than one might expect. Fantastic. The approach seemed sensible, the logic intuitive, the results believable. I adapted some of the material for a class and sought out the book. It seemed odd when I found the book on the library shelf not with psychological or pedagogical research, but near books of self-help and affirmation, such as Julia Cameron's 'The Artist's Way.' Ah, I thought, it's just a categorization issue. Not something to worry about. But I should've worried, as I'll explain shortly. Returning to Dweck, I found the ideas she presents - or rather, singular "idea," since there really isn't more than one - to be quite interesting, as I'd hoped. Unfortunately, the book itself isn't. As I said earlier, reading a single chapter gets the point across: intelligence is not fixed, it can be changed. It is only our "mindset" that holds us back. If we believe we can't learn, if we believe our abilities are restricted, then they will be. Our limitations are learned and set by ourselves. If we think we can improve ourselves, we will.

Unless you are a hermit, you can definitely benefit from this book. For those interested in improving their lives, their parenting skills, their leadership skills, their teaching skills and their relationship skills, this is a must read. Napoleon Hill, in *Think and Grow Rich*, stressed the importance of a positive mental attitude. Norman Vincent Peale, in *The Power of a Positive Mental Attitude*, stressed

the importance of a positive mental attitude. Dweck picks up where both of these very famous works fell short. Both Hill and Peale understood the importance of a positive mental attitude. But Dweck shows us how we develop fixed mindset attitudes in many areas of our lives and the damage our attitude inflicts on us and on those we interact with. Instead of dwelling on positive or negative attitude, Dweck used the term fixed mindset and growth mindset. The book is not just theory. Dweck explains how the fixed mindset was in part responsible for the downfall of Enron. She also contrast the fixed mindset of basketball coach Bobby Knight with that of the growth mindset of legendary coach John Wooden (UCLA). The contrast and the results are startling. As far as parenting and teaching skills, there are some very valuable lessons. We should learn to praise work and not talent. No one ever failed by striving for constant learning. History is littered with failures who relied on their God given talent. The book is a real eye-opener. The fixed mindset verses growth mindset is not an either or situation. We can possess a growth mindset in certain areas but a fixed mindset in other areas of our lives. If you are honest, you will do some "Ahha" when you discover some fixed mindsets traits about yourself.

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