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Mindset: The New Psychology of Success

By Carol S. Dweck | Category: Self Help

In-Depth Summary & Core Lessons

Mindset – The Power of the Growth Mindset In Mindset, Carol S. Dweck introduces a revolutionary concept that has reshaped how we think about potential and achievement: the difference between a Fixed Mindset and a Growth Mindset. A Fixed Mindset assumes that our qualities, like intelligence and talent, are static traits that cannot be changed. A Growth Mindset, conversely, believes that these qualities can be developed through dedication, hard work, and effective strategies. Dweck uses compelling examples from business, sports, education, and relationships to illustrate how these two mindsets operate. She shows that people with a Growth Mindset embrace challenges, persist in the face of setbacks, see effort as the path to mastery, and learn from criticism. The book is a powerful argument that success is not merely a measure of innate talent, but a result of the mindset we adopt. Mindset provides a clear roadmap for parents, teachers, and leaders to cultivate a Growth Mindset in themselves and others, unlocking potential that was previously thought to be limited.

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" The passion for stretching yourself and sticking to it, even (or especially) when it’s not going well, is the hallmark of the growth mindset. "

Notable Quotes

- *"" In the fixed mindset, everything is about the outcome. If you fail—or if you're not the best—it's all meaningless. The growth mindset allows people to value what they're doing regardless of the outcome. ""*
- *"" The passion for stretching yourself and sticking to it, even (or especially) when it’s not going well, is the hallmark of the growth mindset. ""*

Frequently Asked Questions

Q: Why ' Mindset: The New Psychology of Success ' is a Must-Read

Key insights from Mindset: The New Psychology of Success addressing this question.

Q: What is the core difference between a Fixed and a Growth Mindset?

Key insights from Mindset: The New Psychology of Success addressing this question.

Q: How does the Growth Mindset view failure?

Key insights from Mindset: The New Psychology of Success addressing this question.

Q: Can a person change their mindset?

Key insights from Mindset: The New Psychology of Success addressing this question.

WHERE TO BUY & READ THIS BOOK

- Paperback: https://amzn.to/4s7qiQO
- E-Book: https://www.amazon.com/s?k=Mindset%3A%20The%20New%20Psychology%20of%20Succe
- Audiobook: https://www.audible.com/search?keywords=Mindset%3A%20The%20New%20Psychology