



"Psychologists have spent decades searching for the secret of success, but Duckworth is the one who found it."
—DANIEL GILBERT, author of *Stumbling on Happiness*

ANGELA
DUCKWORTH

GRIT

THE POWER of PASSION
and PERSEVERANCE

THE #1 NEW YORK TIMES BESTSELLER

Angela Duckworth

Grit: The Power of Passion and Perseverance



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Finally, she shares what she's learned. Among Grit's "the magic of the Hard Thing Rule; (People). The daughter of a scientist who frequently noted her lack of " grit can be learned, regardless of IQ or situations; Angela Duckworth is currently a celebrated researcher and professor. It had been her early eye-opening stints in teaching, business consulting, and neuroscience that resulted in her hypothesis in what really drives achievement: not really genius, but a distinctive combination of enthusiasm and long-term perseverance. In Grit, she will take us into the field to go to cadets struggling through their first days at West Point, teachers working in a few of the toughest colleges, and young finalists in the National Spelling Bee. She also mines amazing insights from history and shows what can be gleaned from modern experiments in peak efficiency. In her instant, multi-month NY Times bestseller, Angela Duckworth shows anyone striving to achieve success that the secret to outstanding achievement is not talent, but a particular mixture of passion and persistence she calls "s learned from interviewing a large number of high achievers—therefore a lot more." Winningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—s ideas about the cultivation of tenacity have clearly changed some lives for the better—not talent or luck—"s most effective insights: any effort you make ultimately counts twice toward your goal; genius," with regards to child-rearing, neither a warm embrace nor high requirements will continue to work by themselves; how to trigger lifelong curiosity; Inspiration for non-geniuses everywhere—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. Duckworth' (The New York Times Publication Review). makes all of the difference. This is "a fascinating tour of the psychological study on success" (The Wall Street Journal).



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Nothing new here." This publication is very much indeed like that. The writer burns plenty of ink making sure you imagine she's smart and important. Has a nice circulation to it and is simple to understand. That said... Here's another one: People who like what they are doing (passion), generally do much better than those who usually do not. Save the read. I can't think of a unitary idea presented in the reserve that's not already common understanding. Example: Hard work and perseverance could make up for lack of talent. Become gritty. This book reminds me of how the government will spend huge amount of money on a study to tell you something you already know: "After an exhaustive multi-year study costing \$10 million dollars, we've figured ice is cold to the touch. Every single point manufactured in this book is about that profound. The stories of people with the ability to persist are lively and interesting, but the general feeling is definitely of reading little vignette style biographies of people who are smarter, better, and more skilled than you are, with anecdotal insights sprinkled throughout. Excellent book. Because of that, there's just major filler in the form of stories about effective people. Finally, like another reviewer described, this book includes a self-righteous undertone to it. First off, this book is very well written. Reflect and learn from any obstacles or problems or failures faced. Good stories, hard to justify a complete book I commend the author for her effort on this book. And, if you are searching for proven methods to increase you possess "grit," just forget about it--they aren't there. End up being gritty. Her main point is that it is unlikely you know your own limits, and that the action of striving against them each day may take you to an unexpectedly good place. However, the true value of the book would have been to teach us the best options for increasing and maintaining our own grit, and to present that those strategies are proven through research. Unfortunately, that doesn't yet exist because the research was not conducted, except in an initial fashion. Because that reply doesn't exist, the book and tales are reduced to a assortment of recitations of interviews of successful people, not unlike other business and self-help books. We have to model and show this skill at home and in the classroom. An interested reader can glean their own lessons from that materials, in additions to the insights the writer provides. Still, the book lacks true pounds, and would be greatly served by an update in a couple of years as the writer and her peers carry out more research on the subject. I came across this book to end up being the perfect hybrid of informative and motivating I found this book to be the perfect hybrid of informative and motivating. Very happy with the purchase. It lays out chapter-by-chapter both science and the methods you'll need to take in purchase to make changes in your life that will lead you to achievement or at least put you on the road towards it. The mixture of anecdotes, profiles, scientific tests, and personal tales all combine to form an extremely easy-to-read and educational book that is organized and displayed in a simple yet interesting method. Below I required a crack at the items I'm going to do now going forward because of reading this book: 1. Define what achievement looks like (i.e., I wish to get into politics and would ultimately like to turn into a Senator) 2. Obviously define my goals when it comes to short-term, medium-term and long-term 3. Assign myself extend goals 4. I'll save you \$20: The most successful people function very difficult at something they like and do not give up. Start deliberate practice in my field (repeatedly stepping outside my comfort zone and trying activities beyond my current abilities) 6. Deliberate Practice Intro Wonderful book. As someone, who struggles to become gritty in my lifestyle, I had great expectations to find important hints in this book. Meh Nothing at all particularly groundbreaking here. 9. A great publication for parents to see the results these modeling and teaching attempts can have on our kids. Hardly ever become complacent or satisfied If you found the author's TED chat on grit, there is not much become familiar with from scanning this book I normally never post an assessment on Amazon, however in this case I

simply could not stop myself from publishing it, as I had great expectations concerning this book after seeing the TED talk of Ms. Duckworth and hearing a Freakonomics podcast with her. Ultimately, I was disappointed. Make sure you also excuse grammar/ spelling, as I'm composing this from Russia and I'm not really a native English loudspeaker. This book tells us that grit (and not talent or luck) is vital for success in life. The reader will see multiple anecdotes on what so-and-so achieved much by perseverance, passion and not giving up. So fifty percent of the book is dedicated to showing a reader how essential is grit for success (quite convincingly, but to my taste, much too extensively; handful of anecdotes and research mentioned could have done as effective as these many chapters). Alongside anecdotes some (quite robust) scientific evidence is given. Perform the work. Gather and grow a support network of friends, family, and industry professionals⁸. Took me permanently to learn it because I held stopping to take into account everything. I love books on leadership and advancement and this is a superb publication on the attitude and function needed to improve grit. It has a dusting of authority from the author herself, since she has considerably contributed to the field. Learn from other people who are where I wish to be¹⁰. Must read This is a fantastic book! Great book Great research insight into a great topic Loved this book. Great book. Totally Loved it. There are some, but very "soft" ones (like the author assumes they should function, but being honest with the reader, concedes that there is no evidence behind these tips). Seek a trainer and mentor⁷. Incredibly inspiring. Received without the issues as well. Become even more obsessed / thinking about my field and consume myself with news, books, content, lectures, etc. If you're a type A person, you're probably already doing almost everything explained in this book. Happy! What the publication lacks completely, is scientifically based advice DEVELOPING GRIT. There's a way of measuring inspiration in her foundational message that, through effort and persistence, you can become the best edition of yourself. This material might make for a good 10-page whitepaper, but it isn't nearly deep enough to make into a 300 page book. I spent the last month hearing the audiobook on my way into work. Angela Duckworth shares a lot of information about grit, sharing research, interviews and her personal experiences on grit. Must-listen book for anyone striving to succeed Our children aren't born with the tendency to try again and again also to persevere. Luckily, even for gritty people, grit can be learned with reflection, practice and culture. Show up, do the work. Who doesn't know this? Show up. If you are searching for a book that will help educate you in regards to what you need to do in your daily life and how you may be successful doing it, then this is actually the book for you personally. Would buy again!!



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