



Mindset: The New Psychology of Success

By Carol Dweck

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Mindset: The New Psychology of Success By Carol Dweck

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.

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Mindset: The New Psychology of Success By Carol Dweck Bibliography

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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

Dr. Carol S. Dweck 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.

Users Review

From reader reviews:

Judith Tate:

The book *Mindset: The New Psychology of Success* can give more knowledge and information about everything you want. Exactly why must we leave the good thing like a book *Mindset: The New Psychology of Success*? A number of you have a different opinion about reserve. But one aim in which book can give many info for us. It is absolutely right. Right now, try to closer along with your book. Knowledge or facts

that you take for that, you may give for each other; it is possible to share all of these. Book Mindset: The New Psychology of Success has simple shape but the truth is know: it has great and big function for you. You can look the enormous world by available and read a book. So it is very wonderful.

Sheree Gonzalez:

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Violet Iverson:

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Leigh Harris:

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