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Mindshift

Break Through Obstacles
to Learning and Discover
Your Hidden Potential



Barbara Oakley, PhD

Bestselling Author of A Mind for Numbers

And Creator of the Popular Massive Open Online Course "Learning How to Learn"

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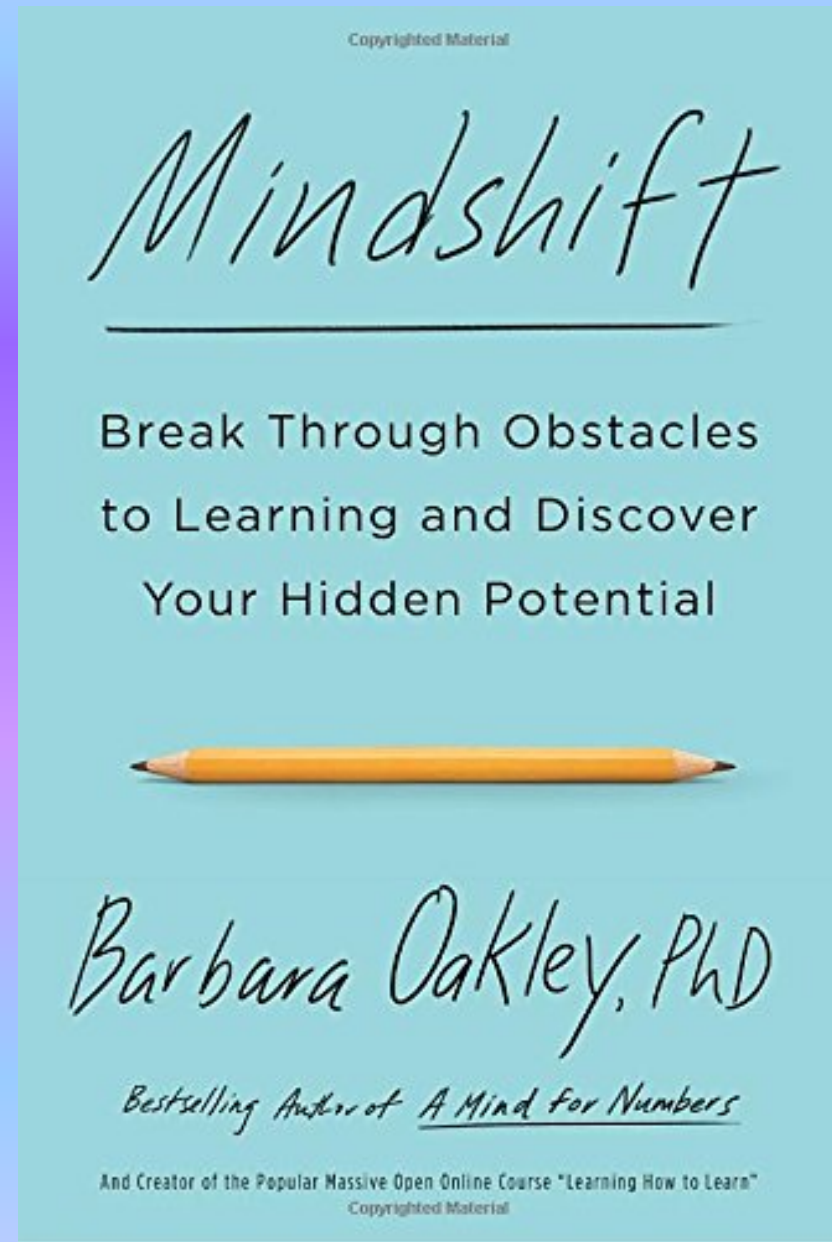
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ABOUT THE BOOK

Mindshift reveals how we can overcome stereotypes and preconceived ideas about what is possible for us to learn and become. At a time when we are constantly being asked to retrain and reinvent ourselves to adapt to new technologies and changing industries, this book shows us how we can uncover and develop talents we didn't realize we had—no matter what our age or background. We're often told to "follow our passions.?" But in Mindshift, Dr. Barbara Oakley shows us how we can broaden our passions. Drawing on the latest neuroscientific insights, Dr. Oakley shepherds us past simplistic ideas of "aptitude?" and "ability,?" which provide only a snapshot of who we are now—with little consideration about how we can change. Even seemingly "bad?" traits, such as a poor memory, come with hidden advantages—like increased creativity. Profiling people from around the world who have overcome [Read more](#)



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