

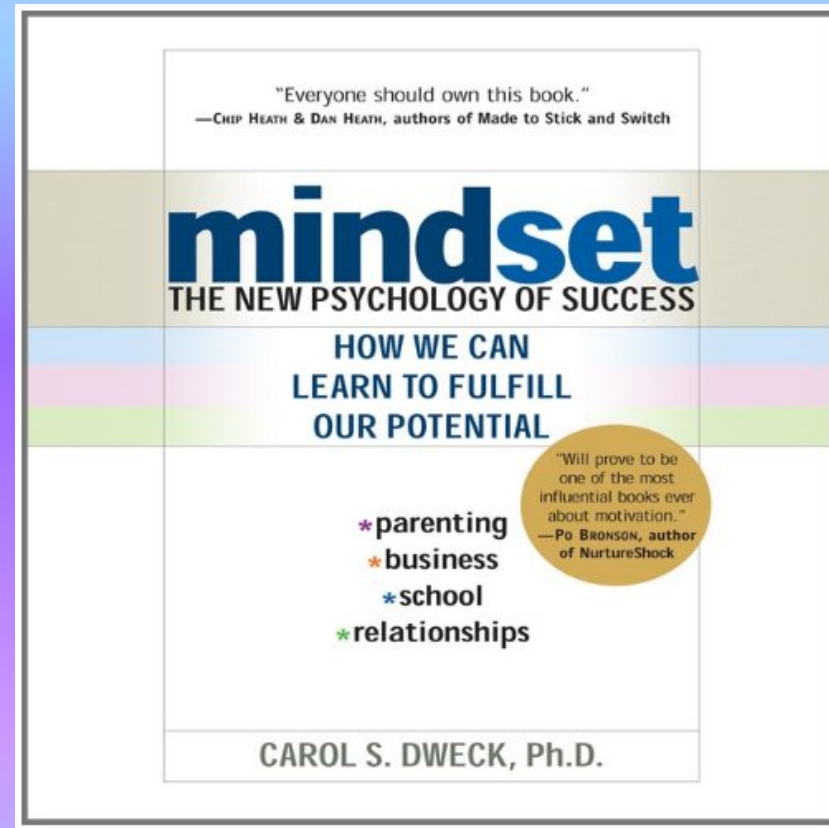
BEST PDF Mindset: The New Psychology of Success (Your Coach in a Box) FOR IPAD

- Author : Carol Dweck
- Pages : 8 pages
- Publisher : Your Coach In A Box 2011-11-08
- Language : English
- ISBN-10 : 1596597682
- ISBN-13 : 9781596597686

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ABOUT THE BOOK

A leading expert in motivation and personality psychology, Carol Dweck has discovered in more than twenty years of research that our mindset is not a minor personality quirk: it creates our whole mental world. It explains how we become optimistic or pessimistic. It shapes our goals, our attitude toward work and relationships, and how we raise our kids, ultimately predicting whether or not we will fulfill our potential. Dweck has found that everyone has one of two basic mindsets. If you have the fixed mindset, you believe that your talents and abilities are set in stone--either you have them or you don't. You must prove yourself over and over, trying to look smart and talented at all costs. This is the path of stagnation. If you have a growth mindset, however, you know that talents can be developed and that great abilities are built over time. This is the path of opportunity-and [Read more](#)



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