

[PDF] Mindset: How You Can Fulfill Your Potential

Carol S. Dweck - pdf download free book



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Description:

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*)

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Review Advance praise for Mindset"

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" 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, director of the PACE Center of Yale University, and author of Successful Intelligence

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