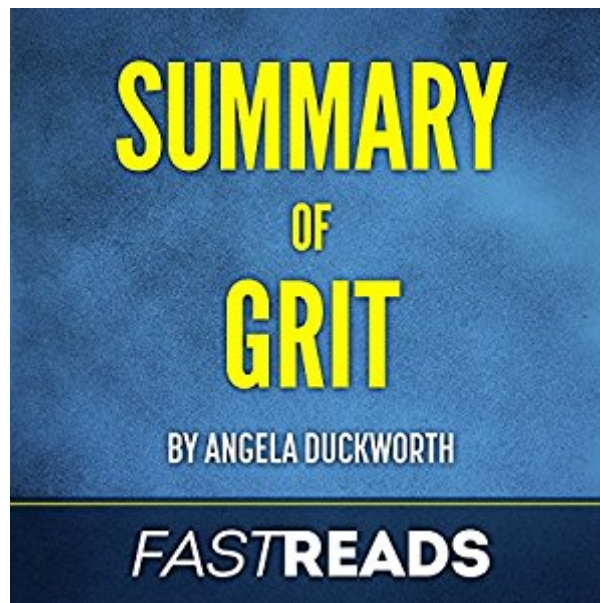




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Summary Of Grit By Angela Duckworth: Includes Key Takeaways & Analysis



Synopsis

Please note: This is a summary and not the original book. "One characteristic emerged as a significant predictor of success. And it wasn't social intelligence. It wasn't good looks, physical health, and it wasn't IQ. It was grit." (Angela Duckworth) "Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day-in, day-out. Not just for the week, not just for the month, but for years. And working really hard to make that future a reality. Grit is living life like it's a marathon, not a sprint." (Angela Duckworth) "As soon as possible, experts hungrily seek feedback on how they did. Necessarily, much of that feedback is negative. This means that experts are more interested in what they did wrong - so they can fix it - than what they did right. The active processing of this feedback is as essential as its immediacy." (Angela Duckworth) Here's what you will learn: The ingredients of grit: passion and perseverance How grit is more important than talent Why effort counts twice as much How gritty people are more successful How to develop your own grit using the four psychological assets The importance of goal-setting, optimism, and a growth mindset How to develop grit in your children How to create a culture of grit And much more!

Book Information

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Customer Reviews

I received exactly what I wanted and ordered.

Insightful. Inspiring. Motivating. I've never read a book like this that focuses on empowering the readers. Angela Duckworth is indeed a great author. I would love to hear more from her.

Angela Duckworth is incredible for this writing. I highly recommend this to parents, executives, and all aspiring entrepreneurs. Great read!

To the point without extraneous language. I liked it so much, I gave copies to my three junior high- and high school-aged grandchildren. They, too, found it inspiring and useful.

Everything you need to understand grit and the attributes behind it. Opens the door to the full book when you are ready for it.

I received the book as a gift and I also listened to the audio book. This summary book is very helpful. I don't have to take so much notes. A great resource to have!

Nothing really wrong with the summary... however it really makes more sense to take the time to read the actual book

The summary provides you the basic knowledge to improve one's self and reach goals their daily, monthly, and long term goals.

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