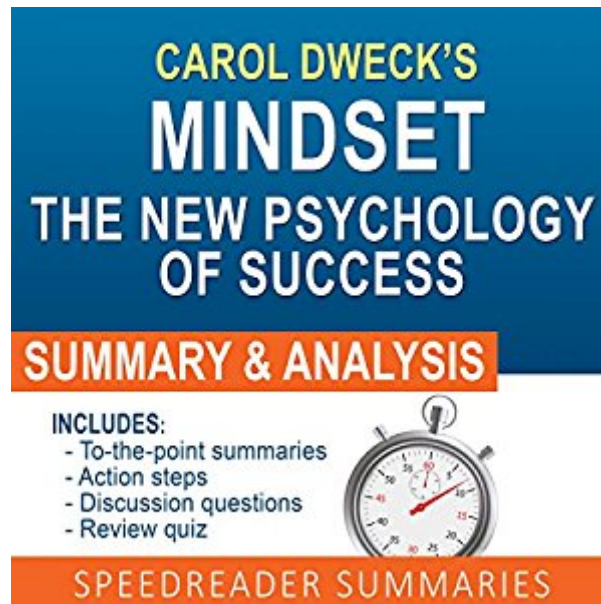


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Mindset: The New Psychology Of Success By Carol Dweck: An Action Steps Summary And Analysis



Synopsis

Your Quick and Simple Summary and Analysis of *Mindset: The New Psychology of Success* by Carol Dweck, PhD. Inside, you'll find: An introduction to Dweck's main concepts A 30-second summary of the entire book Time-saving chapter summaries Discussion questions and commentary A guide to additional resources About *Mindset: The New Psychology of Success*: No two people think alike. Some of us are optimists by nature; others are pessimists. Some are unfailingly happy and outgoing while others may seem depressed and shy. Philosophers, psychiatrists, psychologists, and a wide range of scientists have been working for centuries to shed light on why we are the way we are. In modern times, Dr. Carol Dweck is one of the most influential scientific minds when it comes to human thought. Her work over many decades has led to what she calls "mindset theory" - that all people have either a fixed mindset or a growth mindset. Her book, *Mindset: The New Psychology of Success*, explores what it means to have either a fixed or growth mindset; how your mindset affects your work, relationships, and success in general; whether organizations can also be said to have mindsets; and how you can change your mindset if you don't like your current one. Please note that this summary is NOT the original book and is meant to be heard as a supplement to the original. About SpeedReader Summaries Thanks so much for your interest in SpeedReader Summaries! We strive to save what is your most precious and limited resource: time.

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Customer Reviews

This is such an impressive and brilliant book to read! Excellent motivational book to help you

understand different situations in life. Great examples of people that we know and how they approached these situations. It's really worth reading!

Setting your mind to achieve any set goals you have in mind. This is an inspirational book that will help you change your mood of thinking and your Mindset about things happening around you. I personally know that your Mindset about anything affects the outcome of that thing. Be it positive or negative. This book is like a tool of generating and creating a positive Mindset about the things happening around us. I have found this book to be very helpful in making daily decisions and having a positive Mind and I trust it will do the same for you.

Summaries like this are great for when one doesn't have the time or resources to read the full book. In my case, I haven't read Dr. Dweck's original work, but after reading this, I don't feel like I have to get it anymore. After all, my intention is just to get the gist of the subject matter, not an in-depth study. The author was able to condense the original, but keep the key points intact. Citing additional sources at the end of the book was a good move too. That way, those looking to study the subject further have the option to. If you, however, share my sentiments, this should be the more practical choice for you!

A very helpful overview of Mindset and it makes the idea and concept of Carol Dweck simple and easy to understand. The discussions give a great insight and source of ideas that makes me interested to get the original book. Summary like this is not a spoiler but a quick overview and I think it's a great option for those who don't have much time to see the book and just want to get the idea of the main book.

Superb information! I really like the author's way of discussing this subject. Straight to the point on why some people have achieved their full potential and why others haven't - and each topic has a short recap to get to the main point of the topic. This book educates me on why people act the way they are. Great learning tool in my opinion.

For those who would like to read Carol Dweck's Mindset book but don't have the time or if you want to know what it is all about before buying the book, this is the book for you. This book covers chapter by chapter summary and recap of key points. Although this is a good reference book, I still personally recommend that you get the original copy.

Sometimes people don't know whether they are depressed or not. But this book helps ease the feelings and emotions of a person like me. There is a chance to live a better life. I will not hide my inner feelings anymore since I already have a guide. Thanks to this book. It save my life and the people around me

There's a common misconception that other people are scary but the more that you open up and try to make friends with people, the easier it will be to engage new people. You'll be surprised with how easy it is to chalk up a new conversation. Hope for the best, accept things as they come, and understand that people are also living their lives. After a few interactions, you should really hit it off with someone.

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