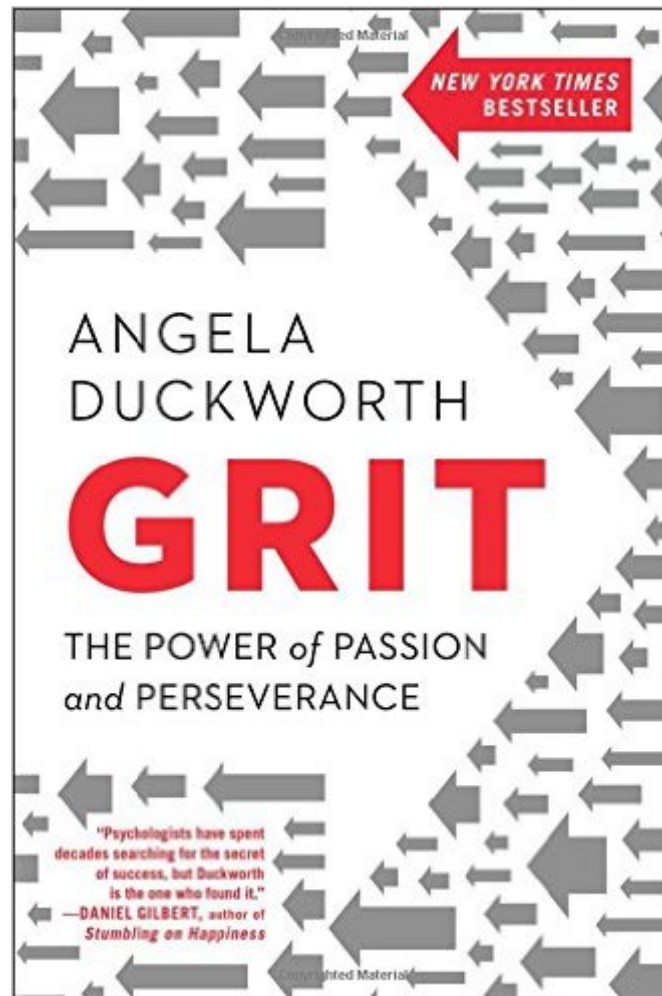




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# Grit: The Power Of Passion And Perseverance



## Synopsis

In this instant New York Times bestseller, pioneering psychologist Angela Duckworth shows anyone striving to succeed—whether it be parents, students, educators, athletes, or business people—that the secret to outstanding achievement is not talent but a special blend of passion and persistence she calls “grit.” Drawing on her own powerful story as the daughter of a scientist who frequently noted her lack of “genius,” Duckworth, now a celebrated researcher and professor, describes her early eye-opening stints in teaching, business consulting, and neuroscience, which led to the hypothesis that what really drives success is not “genius” but a unique combination of passion and long-term perseverance. In *Grit*, she takes readers into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. Among *Grit*’s most valuable insights:

- Why any effort you make ultimately counts twice toward your goal
- How grit can be learned, regardless of I.Q. or circumstances
- How lifelong interest is triggered
- How much of optimal practice is suffering and how much ecstasy
- Which is better for your child: a warm embrace or high standards
- The magic of the Hard Thing Rule

Winningly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference.

## Book Information

Hardcover: 352 pages

Publisher: Scribner; 1 edition (May 3, 2016)

Language: English

ISBN-10: 1501111108

ISBN-13: 978-1501111105

Product Dimensions: 6 x 1.3 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 785 customer reviews

Best Sellers Rank: #115 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #1 in Books > Education & Teaching >

## Customer Reviews

One of "The Hottest Spring Nonfiction Books" [The Wall Street Journal](#) A "Leadership Book to Watch for in 2016" [The Washington Post](#) A "Must-Read Business Book for 2016" [Forbes](#) One of "The Year's Best Life Hacks" [Glamour](#) Angela Duckworth [is] the psychologist who has made 'grit' the reigning buzzword in education-policy circles...Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better...In this book, Duckworth, whose TED talk has been viewed more than eight million times, brings her lessons to the reading public." [Judith Shulevitz, The New York Times Book Review](#) "It really isn't talent but practice [along with passion](#) that makes perfect, explains psychologist Duckworth in this illuminating book. Inspiration for non-geniuses everywhere." [People](#) "Psychologists have spent decades searching for the secret of success, but Angela Duckworth is the one who found it. In this smart and lively book, she not only tells us what it is, but also how to get it." [Daniel Gilbert, author of Stumbling on Happiness](#) "Grit is a persuasive and fascinating response to the cult of IQ fundamentalism. Duckworth reminds us that it is character and perseverance that set the successful apart." [Malcolm Gladwell, author of The Tipping Point, Blink, and Outliers](#) "Impressively fresh and original" [Grit](#) scrubs away preconceptions about how far our potential can take us." [Susan Cain, author of Quiet: The Power of Introverts in a World That Can't Stop Talking](#) "Fascinating. Angela Duckworth pulls together decades of psychological research, inspiring success stories from business and sports, and her own unique personal experience and distills it all into a set of practical strategies to make yourself and your children more motivated, more passionate, and more persistent at work and at school." [Paul Tough, author of How Children Succeed](#) "If you have recently bumped into that word, grit, Duckworth is the reason...In education and parenting circles, her research has provided a much needed antipode to hovering, by which children are systematically deprived of the opportunity to experience setbacks, much less overcome them...What sticks with you [in Grit] are the testimonials, collected from sources as disparate as Will Smith, William James, and Jeff Bezos's mom, that relentlessly deflate the myth of the natural." [The Atlantic](#) "Grit is a useful guide for parents or teachers looking for confirmation that passion and persistence matter, and for inspiring models of how to cultivate these important qualities." [The Washington Post](#) "This

book will change your life. Fascinating, rigorous, and practical, *Grit* is destined to be a classic in the literature of success.

• Dan Heath, co-author of *Made to Stick*, *Switch*, and *Decisive* “Utterly captivating, inspiring and original” Once you pick up *Grit*, you won’t be able to tear yourself away.

• Amy Cuddy, Harvard Business School professor and author of *Presence* “Enlightening” *Grit* teaches that life’s high peaks aren’t necessarily conquered by the naturally nimble but, rather, by those willing to endure, wait out the storm, and try again.

• Ed Viesturs, Seven-Time Climber of Mount Everest and author of *No Shortcuts to the Top* “I kept wanting to read this book aloud to my child, my husband, to everyone I care about. There are no shortcuts to greatness, it’s true. But there is a roadmap, and you are holding it.”

• Amanda Ripley, author of *The Smartest Kids in the World: And How They Got That Way* “Readable, compelling and totally persuasive. The ideas in this book have the potential to transform education, management and the way its readers live. Angela Duckworth’s *Grit* is a national treasure.”

• Lawrence H. Summers, Former Secretary of the Treasury and President Emeritus at Harvard University “Masterful” *Grit* offers a truly sane perspective: that true success comes when we devote ourselves to endeavors that give us joy and purpose.

• Arianna Huffington, author of *Thrive* “I’m convinced there are no more important qualities in striving for excellence than those that create true grit...I hope you enjoy the book as much as I did.”

• Brad Stevens, Coach of the Boston Celtics “Empowering” Angela Duckworth compels attention with her idea that regular individuals who exercise self-control and perseverance can reach as high as those who are naturally talented that your mindset is as important as your mind.

• Soledad O’Brien, Chairman of Starfish MediaGroup and former co-anchor of CNN “American Morning” “Engaging...With strong appeal for readers of Daniel H. Pink, Malcolm Gladwell, and Susan Cain, this is a must-have.”

• Booklist “Invaluable” In a world where access to knowledge is unprecedented, this book describes the key trait of those who will optimally take advantage of it. *Grit* will inspire everyone who reads it to stick to something hard that they have a passion for.

• Sal Khan, founder of Khan Academy “A combination of rich science, compelling stories, crisp graceful prose, and appealingly personal examples” Without a doubt, this is the most transformative, eye-opening book I’ve read this year.

• Sonja Lyubomirsky, Professor, University of California, Riverside and author of *The How of Happiness* “Incredibly important” There is deeply embodied grit, which

is born of love, purpose, truth to one's core under ferocious heat, and a relentless passion for what can only be revealed on the razor's edge; and there is the cool, patient, disciplined cultivation and study of resilience that can teach us all how to get there. Angela Duckworth's masterpiece straddles both worlds, offering a level of nuance that I haven't read before.

• Josh Waitzkin, International Chess Master, Tai Chi Push Hands World Champion, and author of *The Art of Learning* "A thoughtful and engaging exploration of what predicts success. Grit takes on widespread misconceptions and predictors of what makes us strive harder and push further. Duckworth's own story, wound throughout her research, ends up demonstrating her theory best; passion and perseverance make up grit."

• Tory Burch, Chairman, CEO and Designer of Tory Burch "I love an idea that challenges our conventional wisdom and 'grit' does just that! Put aside what you think you know about getting ahead and outlasting your competition, even if they are more talented. Getting smarter won't help you sticking with it, will!"

• Simon Sinek, author of *Start With Why and Leaders Eat Last* "An informative and inspiring contribution to the literature of success."

• Publishers Weekly "Profoundly important. For eons, we've been trapped inside the myth of innate talent. Angela Duckworth shines a bright light into a truer understanding of how we achieve. We owe her a great debt."

• David Shenk, author of *The Genius in All of Us: New Insights into Genetics, Talent, and IQ* "An important book...In these pages, the leading scholarly expert on the power of grit (what my mom called 'stick-to-it-iveness') carries her message to a wider audience, using apt anecdotes and aphorisms to illustrate how we can usefully apply her insights to our own lives and those of our kids."

• Robert D. Putnam, Professor of Public Policy at Harvard and author of *Bowling Alone* and *Our Kids* "This book gets into your head, which is where it belongs. For educators who want our kids to succeed, this is an indispensable read."

• Joel Klein, former Chancellor, New York City public schools "[Blends] anecdote and science, statistic and yarn...Not your grandpa's self-help book, but Duckworth's text is oddly encouraging, exhorting us to do better by trying harder, and a pleasure to read."

• Kirkus Reviews "Grit delivers! Angela Duckworth shares the stories, the science, and the positivity behind sustained success. A must-read."

• Barbara Fredrickson, author of *Positivity* and *Love 2.0* and President of the International Positive Psychology Association "A fascinating tour of the psychological research on success...A great service of Ms. Duckworth's book is her down-to-earth definition of passion. To be gritty, an individual doesn't need to have an obsessive infatuation with a goal. Rather, he needs to show 'consistency over time.' The grittiest people have developed long-term goals and are constantly working toward

them."•The Wall Street Journal

Angela Duckworth, PhD, is a 2013 MacArthur Fellow and professor of psychology at the University of Pennsylvania. She has advised the White House, the World Bank, NBA and NFL teams, and Fortune 500 CEOs. She is also the Founder and Scientific Director of the Character Lab, a nonprofit whose mission is to advance the science and practice of character development. She completed her BA in neurobiology at Harvard, her MSc in neuroscience at Oxford, and her PhD in psychology at the University of Pennsylvania. *• Grit: The Power of Passion and Perseverance •* is her first book and an instant New York Times bestseller.

I commend the author for her effort on this book. The stories of people with the ability to persist are lively and interesting, but the overall feeling is of reading small vignette style biographies of people who are smarter, better, and more talented than you are, with anecdotal insights sprinkled throughout. There's a measure of inspiration in her foundational message that, through hard work and persistence, you can become the best version of yourself. Her main point is that it's unlikely that you know your own limits, and that the act of striving against them each day can take you to an unexpectedly good place. However, the true value of this book would have been to teach us the best methods for increasing and maintaining our own grit, and to show that those methods are proven through research. Unfortunately, that doesn't yet exist because the research hasn't been conducted, except in a preliminary fashion. Because that answer doesn't exist, the book and stories are reduced to a collection of recitations of interviews of successful people, not unlike other business and self-help books. It has a dusting of authority from the author herself, since she has substantially contributed to the field. An interested reader can glean their own lessons from that material, in additions to the insights the author provides. Still, the book lacks true weight, and would be greatly served by an update in a few years as the author and her peers conduct more research on the subject.

Save yourself a pile of time and just read her paper "Grit: perseverance and passion for long-term goals", Journal of personality and social psychology, 2007. This book is the results from there, plus a collection of exaggerations and cherry-picked anecdotes.

Really enjoying this book! Has fantastic insight and lots to think about.

This is some fantastic self-help material that goes far beyond self-help and into just flat out self-betterment and self-optimization. Duckworth's qualitative and quantitative research never runs dry due to her amazing prose and writing ability. It is a ridiculously quotable book and extremely deep. "Grit" will most likely be a candidate for a re-read.

I very much enjoyed all her examples and very easy to read. Highly recommend. I agree with notion that ones effort is much more effective than natural born talent as this is really the accelerator to life's pursuits.

Ã Â I found this book to be a nice mix of old and new. Old, in that it reaffirmed things that I had learned on my own, or had been taught. New, because the arraignment and sequence of the material took what I had and sharpened it to a more focused point. Congratulations on that, Dr. Duckworth. Her point about breaking down goals into long-term and short-term goals (Ch. 4) was something that FranklinCovey has been teaching since the 1980s, called the Productivity Pyramid. And the need to believe that we can succeed is a rephrasing of the Belief Window, also a FranklinCovey idea (SeeÃ Â 10 Natural Laws of Successful Time and Life Management, p. 66, 138-139). Let me be clear: I am not accusing plagiarism. What I am asserting is that both Duckworth and FranklinCovey are both on to something, and whatever we call the principle, it works. So use it!! also appreciate how Duckworth distinguishes between internal gritÃfÂçÃ â -Ã â •things within our sphere of control, and external grit, how to teach grit to children, our teams, or anywhere we are put into leadership positions. It's in the table of contents, if you want to scan-read. But I think slogging through her case-studies is worth the muddy march. I also salute the lack of dogmatism here. In discussing strict and permissive parenting, she compares Mormon quarterback Steve Young with Francesca Martinez, who definitely is not a Mormon quarterback, but a UK comedienne. And her conclusion is that you need a mix of strictness and opennessÃfÂçÃ â -Ã â •but how that mix works out, well, needs more research. So, a great book for wherever you are in life, and in leadership.

Good to read for the anecdotes, though her argument tends to be a bit reductionist. But it's basically a foil to Malcolm Gladwell's argument in Outliers that much of success comes from factors out of our control. Duckworth argues the opposite - that Grit - can overcome adverse circumstances, thus leading to success.

Angela Duckworth goes out of her way to make her research accessible and inspirational to all. I certainly have a lot to reflect on after reading.

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