

# Mindset: The New Psychology of Success

Carol S. Dweck

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UPDATED EDITION

CAROL S. DWECK, Ph.D.

# mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL

1.8  
MILLION  
COPIES  
IN PRINT

\*parenting  
\*business  
\*school  
\*relationships

"Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."

—BILL GATES, *GatesNotes*

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**Carol S. Dweck : Mindset: The New Psychology of Success** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindset: The New Psychology of Success:

207 of 219 people found the following review helpful. Concept is brilliant, execution not so much. By silverships I was looking forward to reading this for months, and had a mixed reaction when I finally did. The book is valuable for its conceit: that there are two types of mind-sets; the growth and the fixed. The growth is the one to have if you want to thrive in life, career, relationships, etc. People are formed early on into one mindset or the other, but can change to the valuable growth mindset if they put themselves to the task. This is incredibly important and the book's value stands on

this assertion alone. All of this can be summed up in a single chapter, or a scientific paper tweaked for the lay reader. The problem is that this argument is stretched thin to become a "book" and Dweck's writing doesn't maintain enough interest on its own and is often clunky, sentimental and obvious at times. I'm sure this happens a lot when a notable scientist, psychologist, etc is given a book deal and needs to expand it to justify a full-length book when something shorter would suffice to most readers (exceptions are brilliant writers like Daniel Kahneman and Daniel Gilbert, etc). So *Mindset* is a mixed bag. The real gift here is the conceit. Read it because it has value. It's an informational book, but not a great book. 182 of 193 people found the following review helpful. Interesting theory, yet lacking depth

By Peng Jin  
I first came across the author in a TED video. Her talk about how "not yet" generates far more power than "fail" was interesting and I decided to buy her book to further read into her studies. The book in general is an interesting piece of work. I like the way she describes the "growth mindset". However, most of the book seems to focus on discussing the difference between "fixed mindset" and "growth mindset" applied to different fields. So it does get very predictable and tedious. There is far not enough discussion about how to better develop the "growth mindset". It is like the author uses the entire book to emphasize how important "growth mindset" is but doesn't really offer much help. In particular, I don't like how she attributes every corporate failure to "fixed mindset". I think it is way too generalizing and over-simplifying.

0 of 0 people found the following review helpful. In a word: Transformational

By STallard  
There are few books I've read which have been so effective in positively impacting my life as this one has. The section on teaching/education is exceptionally interesting because of my own personal (negative) experience in formal schooling, as well as being a Father of 3 boys. I feel this should be required reading for every student, and every teacher in order to foster a healthy self-image.

Now updated with new research—the book that has changed millions of lives

After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

Praise for *Mindset*:  
A good book is one whose advice you believe. A great book is one whose advice you follow. This is a book that can change your life, as its ideas have changed mine.  
—Robert J. Sternberg, co-author of *Teaching for Wisdom, Intelligence, Creativity, and Success*  
An essential read for parents, teachers [and] coaches . . . as well as for those who would like to increase their own feelings of success and fulfillment.  
—Library Journal (starred review)  
Everyone should read this book.  
—Chip Heath and Dan Heath, authors of *Made to Stick*  
One of the most influential books ever about motivation.  
—Po Bronson, author of *NurtureShock*  
If you manage people or are a parent (which is a form of managing people), drop everything and read *Mindset*.  
—Guy Kawasaki, author of *The Art of the Start 2.0*