"If you manage any people or if you are a parent (which is a form of managing people), drop everything and read *Mindset*."

—Guy Kawasaki, author of *The Art of the Start* 



## HOW WE CAN LEARN TO FULFILL OUR POTENTIAL

\*parenting

\*business

\*school

\*relationships

CAROL S. DWECK, Ph.D.

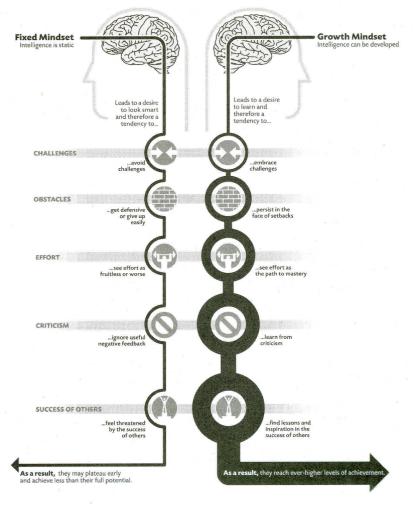


DIAGRAM BY NIGEL HOLMES

When, where, and how make the plan concrete. How asks you to think of all the ways to bring your plan to life and make it work.

As you encounter the inevitable obstacles and setbacks, form a new plan and ask yourself the question again:

When, where, and how will I act on my new plan?

## "Highly recommended . . . 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)

World-renowned Stanford University psychologist Carol Dweck, in decades of research on achievement and success, has discovered a truly groundbreaking idea—the power of our mindset.

Dweck explains why it's not just our abilities and talent that bring us success—but whether we approach our goals with a fixed or growth mindset. She makes clear why praising our children's intelligence and ability doesn't foster self-esteem and lead to accomplishment, but may actually jeopardize success. With the right mindset, we can motivate our kids and help them to improve in school, as well as reach our own goals—personal and professional. Dweck reveals what all great parents, teachers, CEOs, and athletes already know, and shows how a simple idea about the brain can create a love of learning and a resilience that is the basis of great accomplishment in every area.

"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." —Publishers Weekly

"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."

-ROBERT J. STERNBERG, author of Teaching for Successful Intelligence

"A wonderfully elegant idea . . . It is a great book."

—EDWARD M. HALLOWELL, M.D., author of Delivered from Distraction

www.ballantinebooks.com

Cover design: Richard Rossiter

A BALLANTINE BOOKS TRADE PAPERBACK

U.S.A. \$14.95 CANADA \$19.95

5 1 4 9 5 5 1 4 9 5