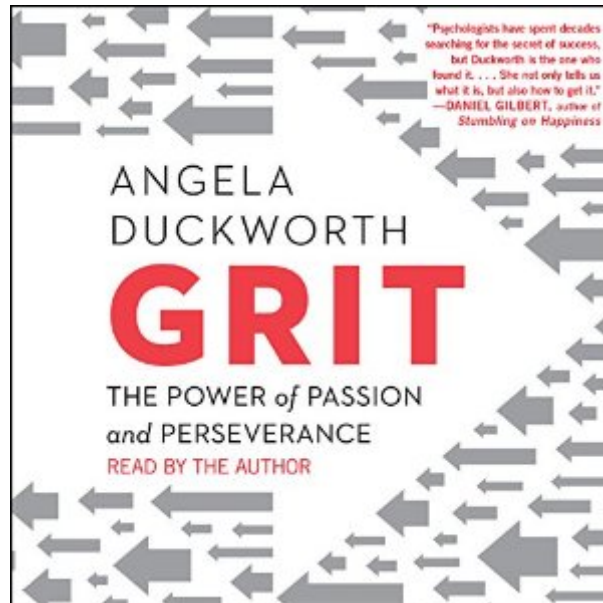


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# Grit: The Power Of Passion And Perseverance



## Synopsis

In this must-listen book for anyone striving to succeed, pioneering psychologist Angela Duckworth shows parents, educators, students, and businesspeople - both seasoned and new - that the secret to outstanding achievement is not talent but a focused persistence called "grit". Why do some people succeed and others fail? Sharing new insights from her landmark research on grit, MacArthur "genius" Angela Duckworth explains why talent is hardly a guarantor of success. Rather, other factors can be even more crucial, such as identifying our passions and following through on our commitments. Drawing on her own powerful story as the daughter of a scientist who frequently bemoaned her lack of smarts, Duckworth describes her winding path through teaching, business consulting, and neuroscience, which led to the hypothesis that what really drives success is not genius but a special blend of passion and long-term perseverance. As a professor at the University of Pennsylvania, Duckworth created her own "character lab" and set out to test her theory. Here, she takes listeners into the field to visit teachers working in some of the toughest schools, cadets struggling through their first days at West Point, 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 J.P. Morgan CEO Jamie Dimon to the cartoon editor of The New Yorker to Seattle Seahawks coach Pete Carroll. 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

Audible Audio Edition

Listening Length: 9 hours and 22 minutes

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## Customer Reviews

One thing is clear: Dr. Duckworth is very gritty as she self-proclaimed. She tried so hard to sell the idea of "Grit" with many stories of passion and perseverance. First of all, the dominant research method is questionable (mostly consists of interview & questionnaires). Even with such methods, the data is rarely mentioned (one or two charts randomly appeared throughout the book. Just convincing ones, as far as I could see). Then the final blow: Dr. Duckworth, your grit scale may correlate with success and many positive traits for all you want, it's still not the root cause - the holy factor that changes everything. If I'm scored 200 on the grit scale, should I strive to change myself in order to reach 300 for a better life? Or to rephrase the question: on which concrete evidence may we conclude that a society filled with grittier civilians equal to a better place? I seriously doubt this is just another kind of "positive thinking" book, something like "If only you have positive thinking, the rest should be just fine" replaced by "If only you have grit...", but voilà, now come with a measurable scale. @Job applicants of the next decade: depending on the popularity of this book and your luck, you may be weeded out of the competition due to the lack of grit. To prevent the case, please carefully read this book to know which answer that make you seems grittier on the scale. Sounds underhanded and dirty? But that's the dilemma with any popular personality/intelligence evaluation scale. The moment it becomes popular, so is its counter-measure. At the end of the day, you could not measure anything worth measuring at all.

Angela Duckworth, professor of psychology at the University of Pennsylvania, in her book GRIT, asserts that reason and motivation for a person's outstanding achievements is not merely innate talent, natural ability. Grit is a blend of passion and persistence that generates achievements; it can be harnessed to deal with challenges at all stages of our life. As we get older, we develop the capacity for long term passion as perseverance. Grit, talent and all other psychological traits are influenced by genes and also by experience. Duckworth avers that most of us become more conscientious, confident, caring, and calm with life experience. Those changes happen between the ages of twenty and forty. I was a victim of the Holocaust from the age of thirteen till the age of nineteen. I consider myself to be an ordinary person with an extraordinary life experience in which grit has indeed played a major role for my very survival. Being incarcerated for three years in Nazi forced labor camp, I had all valid reasons not to be passionate or persistent, but rather pessimistic and depressed. However, I was gritty. Out of the abyss of a wounded body and soul, I made an effort to improve my future, rather than rely on luck. The Germans forbid me to attend school during my adolescent years; I educated myself and got my equivalency diploma at the age of 36. Victor

Frankl, (author of Manâ™s Search for Meaning) considered life to be meaningful even in hell, like Auschwitz. Frankl knew inner richness and even happiness while thinking of his beloved ones. He found life meaningful even while suffering. Being incarcerated for three years in Auschwitz, the Nazis starved him, beat him, and humiliated him, but they could not control his active mind.

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