



Mindset: The New Psychology of Success by Carol Dweck, Ph.D.: An Action Steps Summary and Analysis

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Your Quick and Simple Summary and Analysis of *Mindset: The New Psychology of Success* by Carol Dweck, Ph.D.

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, including helpful articles, books, podcasts, printables, videos, and quizzes

About *Mindset: The New Psychology of Success* by Carol Dweck

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 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 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 read as a supplement to the original.

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