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Getting Grit: The Evidence-Based Approach to Cultivating Passion, Perseverance, and Purpose (Paperback)

By Caroline Adams Miller

SOUNDS TRUE INC, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. One of the Top 10 Books That Will Change Your Life in 2017 - Live Happy Magazine Grow Your Grit--How You Can Develop the Critical Ingredient for Success Grit--defined as our perseverance and passion for long-term goals--is now recognized as one of the key determinants for achievement and life satisfaction. In an age that provides us with a never-ending stream of distractions and quick-and-easy solutions, how do we build this essential quality? This book is designed to help you screen out the spam of life and cultivate authentic grit in every setting, writes Caroline Miller. With Getting Grit, this bestselling author brings you an information-rich and practical guide for developing the qualities needed to persevere over obstacles--not just toughness and passion, but also humility, patience, and kindness. Join her as she shares research-based insights and practices on: - Learning grit--how you can enhance your willpower and rewire your brain for resilience - The key traits of gritty people--what the latest research reveals - The three kinds of false grit and how to recognize them in yourself - The courage to fail--tools for turning your setbacks...



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Here is the very best book i have study until now. It is rally fascinating throgh looking at period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

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