



A Joosr Guide to... Mindset by Carol Dweck: The New Psychology of Success

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Do you feel you're not as successful as you deserve to be? You may be surprised to learn that you have much more control over your successes and failures than you think. In fact, the key to your success may be in your own mindset.

Do you feel a constant need to prove yourself? Or perhaps you believe that if things don't come easily, it's just not worth trying? Are you afraid to fail? You might have what Dr. Carol Dweck calls a "fixed mindset", which is constantly holding you down and keeping you from success. If this is you, then reading Mindset will give you the tools to change the way you think, letting you grow as a person and ultimately enabling you to reach the success you deserve!

You will learn:

- What damage a fixed mindset can do to your closest relationships
- How your own mindset will affect the mindsets of your children
- How the world's greatest athletes use the power of a growth mindset to become champions.

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