

Mindset Book Summary, by Carol S. Dweck

by Allen Cheng

<https://www.allencheng.com/mindset-the-new-psychology-of-success-summary-carol-dweck/>

Want to learn the ideas in Mindset better than ever? Read the world's #1 book summary of Mindset by Carol S. Dweck here.

Read a brief 1-Page Summary or watch video summaries curated by our expert team. Note: this book guide is not affiliated with or endorsed by the publisher or author, and we always encourage you to purchase and read the full book.

Video Summaries of Mindset

We've scoured the Internet for the very best videos on Mindset, from high-quality videos summaries to interviews or commentary by Carol S. Dweck.

<https://www.youtube.com/watch?v=iCTSQVHehEk>

<https://www.youtube.com/watch?v=T4PHa6w3Rto>

1-Page Summary of Mindset

Overview

The author of Mindset: The New Psychology of Success, Carol S. Dweck, Ph.D., makes an argument that there are two mindsets at play in the world today—the fixed mindset and the growth mindset. She discusses how one type of mindset tends to lead to more success than the other and why this is so important for people who want to be successful in life.

The fixed mindset is the belief that people's traits are unchangeable. People with a fixed mindset believe that they're either born smart or not, and nothing can change that. This kind of thinking leads to trouble with self-esteem and personal development, particularly in the face of mistakes and failures. In contrast, the growth mindset emphasizes learning from mistakes and failures instead of labeling oneself as "stupid" or "dumb".

The growth mindset can be applied to many areas of life. In the growth mindset, people believe that they can develop their intelligence, creativity, and artistic ability through hard work. They also believe that learning is important because it helps them improve themselves over time. People with this mindset are more likely to succeed than those who have a fixed or static view of intelligence and talent.

Key Takeaways

One of the main differences between fixed mindset and growth mindset is that people with a fixed mindset believe that their qualities are unchangeable. On the other hand, those with a growth mindset believe in changing themselves over time through hard work and effort.

A growth mindset is a crucial tool for having successful relationships with your partner. A fixed mindset can lead to serious problems down the line.

When it comes to parenting, parents should praise their children for hard work over ability.

The idea that we're born with certain talents and abilities, which are more or less fixed from birth, is still prevalent in modern culture. It's one of the reasons why people have a fixed mindset about their own intelligence. The growth mindset can be crucial for business leaders and help them make important decisions to lead their companies down a path for success.

Labels can have a big impact on people's mentalities, but this is especially true for those with fixed mindsets than growth mindsets.

Key Takeaway 1: One of the main points of contentions in the debate regarding fixed mindset versus growth mindset is the question of whether human qualities and traits are innate or can be changed and developed over time.

Dweck explains that the fixed mindset is a belief that abilities are innate and cannot be changed. She uses examples of celebrities to illustrate how this works. It might be interesting to take her examples and flip them around so we can see what life would have been like if they had the opposite traits. For example, it might be interesting to look at Michael Jordan's life if he had a fixed mindset instead of a growth one. He was cut from his high school basketball team when he was in tenth grade. Dweck says that this setback caused him to work harder than ever before so he could prove everyone wrong who said he wasn't good enough for varsity basketball. However, if Jordan had a fixed mindset about his talent, then none of these things would have happened because playing on junior varsity would have convinced him that basketball just wasn't something he could do well or enjoy doing anymore. If you think your abilities are set in stone, there will never be any reason to push yourself beyond your limits.

People with the growth mindset believe that they can change and develop. They are more capable of dealing with their fears, hopes, and desires. Some people have this mindset naturally; for others, it's something they need to learn. But once they do, it will help them reach their full potential by pushing away their fears and inadequacies.

Like this book summary? Visit www.allencheng.com for more.