

Grit by Angela Duckworth

Grit: The Power of Passion and Perseverance by Angela Duckworth is a groundbreaking book that explores the concept of grit and its role in achieving success. Duckworth, a psychologist, conducted extensive research on grit and its correlation with various outcomes, including academic achievement, athletic performance, and career success.

Key takeaways from the book include:

- **Grit is more important than talent:** Duckworth argues that grit, rather than innate talent, is the primary predictor of success. People with grit are more likely to persevere through challenges and achieve their goals.
- **Grit is a combination of passion and perseverance:** Grit involves both a deep-seated passion for one's goals and the perseverance to stick with them through setbacks.
- **Grit can be developed:** Duckworth emphasizes that grit is not a fixed trait but can be cultivated through practice and effort.

The book has been praised for its insightful analysis of the concept of grit and its practical implications. It has inspired many people to develop their own grit and pursue their goals with renewed determination.

Changemakers Insights: Changemakers can learn from "Grit" the importance of perseverance, passion, purpose, a growth mindset, collaboration, and ethical leadership.