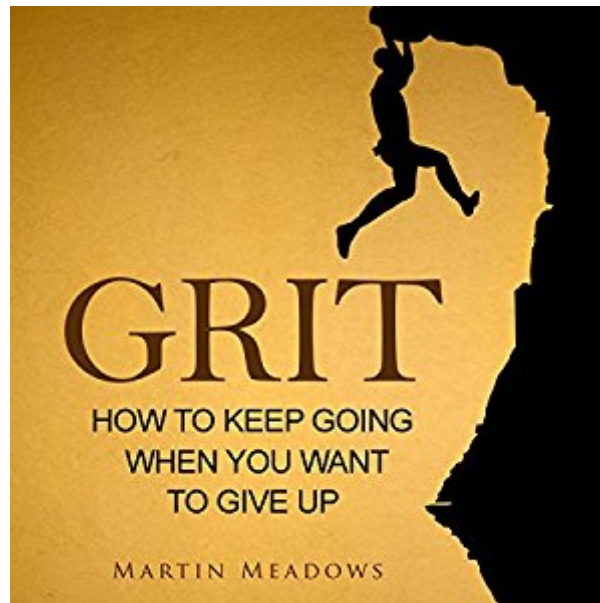




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Grit: How To Keep Going When You Want To Give Up



Synopsis

Tempted to give up? Here's how to keep going. If you browse through the interviews with some of the most successful people on Earth, you'll find one common piece of advice shared by virtually all of them: They never give up on their big goals. Research shows that grit is a better predictor for success than any other factor. The ability to keep going despite setbacks is more important than your IQ, character, or external factors like your upbringing or surroundings. But what does it really mean to "never give up"? What exactly is grit? How do you persevere when faced with larger-than-life difficulties? How do you keep going when you're at the brink of exhaustion, and all your hard work hasn't been rewarded yet? I wrote this book to explore the subject of persistence from a more scientific point of view than cliché self-help sayings provide. I want to share with you how exactly to stick to your goals according to peak performers and science - not vague motivational advice that assumes we have unlimited strength once we're motivated enough. Here are just a couple of things you will learn from the book: A crucial piece of advice you can learn from the first people who reached the South Pole. If you make the wrong choice, you'll burn out - guaranteed. What famous American comic Jerry Seinfeld did in the early days of his career to keep going. It's a simple trick that provides huge results. What a study of top musicians, athletes, actors, and chess players can teach you about achieving results and persistence. The one trait, according to studies, that is strongly associated with grit and persistence. Learn what it is and how to develop it in five different ways. There's no reason why you should give up if you're working on the right goal. Learn how to make sure you'll reach your objectives. Buy the audiobook now.

Book Information

Audible Audio Edition

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Customer Reviews

Very basic and simple writing. I read it feeling like I knew this already. There are better options out there such as A Rock Warriors Way- Ilgner

A great, easy-to-read book on discipline and resilience. Martin Meadows doesn't waste your time and tells you what you need to know to start improving your resilience today. He backs his personal observations with current research and wraps up chapters with easy to reference summaries. Those looking for a book that gives practical, research-based steps towards improving resilience should look no further. The book also talks about improving discipline, and those who have read Martin Meadows book on self-discipline may find these parts a little repetitive. But, they do not detract from the book itself as they simply reiterate the importance of these concepts.

I especially liked that he began with good advice about when to give up -- sometimes that is the right choice. Once you've decided that you aren't going to give up, following his well organized presentation should help most people to keep going. He is direct and to the point and the material is well organized. He even includes a helpful summary of the main points of each chapter.

Some advice was pretty valuable but left me wanting more details or examples of how to execute them. Overall many parts worth highlighting to recap or review later.

A bit too basic for me. Author basically says "if you want this, do that" and that's the cure all. There is no higher level thinking involved if you're struggling with hang ups or reasons why "do that" won't work for you.

Keep going to reach the goals you pursue. The book offers tons of tips to make this dream come true. Read it, apply it, and enjoy!

This book is a easy ready and outstanding example of how to conquer life no matter how messy it may become. I highly recommend it to all. I know from experience I have changed my mindset and mirror to others the new possibilities that I have achieved when I choose GRIT.

This book was honestly a great read for me and things I was going through in life. This was mainly because of Air Traffic Control, AND seeing that he spoke about ATC in the book made me very reassured. It relates to many things in life that everyone can relate to. It's a must read and easy read to get your mind back focused.

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