



LA ACTITUD DEL EXITO (Vivir Mejor (Vergara)) (Spanish Edition)

Carol S. Dweck

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La autora, destacada psicóloga e investigadora, ha descubierto que existen dos mentalidades básicas: la mentalidad fija y la de crecimiento. Sólo la segunda conduce a un éxito verdadero en todos los órdenes de la vida. ¿Cuál de las dos es la suya? ¿Tiene idea de cuánto influyen en su vida cotidiana y en su futuro las ideas que tiene sobre usted mismo? ¿Sabe cómo cambiar de mentalidad y con ello transformar radicalmente sus posibilidades de realización personal? ¿Cómo podemos ayudar a nuestros hijos a desarrollar una mentalidad de crecimiento? / A leading expert in motivation and personality psychology, Carol Dweck has discovered in more than twenty years of research that our mindset is not a minor personality quirk: it creates our whole mental world. It explains how we become optimistic or pessimistic. It shapes our goals, our attitude toward work and relationships, and how we raise our kids, ultimately predicting whether or not we will fulfill our potential.

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