

STRESS! RELIEF

humour and helpful tips to enhance your life

Being smart does not guarantee any success in life, having a growth mindset does

The power of the mindset makes all the difference in life - Sylvain Saurel

I read a lot of books every year. However, I have not always been a great reader. I must even say that I was someone who hated to read when I was younger. The problem is that I was only offered to read novels at the time.

It's a style of book that I didn't like, and that didn't make me want to read.

In trying to improve me, I discovered one day that the great entrepreneurs used to read a lot. I dug deeper into the subject, and I found that these entrepreneurs read books that were totally different from the novels I hated.

These people read books that are constantly trying to teach them new things. By selecting books on personal development, economics, finance, or other subjects that interest me more, I was able to learn to love reading.

Today, I can't imagine a day without reading. I won't pretend to be able to read 500 pages a day like Warren Buffett, but I do read a lot.

Some books have an incredible impact on your life

Among the many books I read, some are out of the ordinary. And then some very rare ones impact my life in an incredible way. The book "Mindset: The New Psychology of Success" by Carol S. Dweck is definitely in that category of extraordinary books for me.

For the record, Carol S. Dweck is a world-renowned psychologist working at Stanford University. After several decades of research, she has discovered a simple but



revolutionary idea: the power of the mindset.

In her best-selling book, Carol S. Dweck explains that some people believe that success is based on ability and intelligence. Others believe that success is a matter of hard work and persistence.

For Carol S. Dweck, all of this will not guarantee success. Being an extremely bright person with an IQ close to Albert Einstein's does not necessarily guarantee you success in life.

Carol S. Dweck's book highlights the opposition between a fixed mindset and a growth mindset

Her research proves that it's all about attitude in life. This is where the power of the mindset comes into play. Our attitude toward challenges is what can lead us to great success in life. This is where a key concept emerges that contrasts the fixed mindset and the growth mindset.

The majority of people have a fixed mindset.

People with a fixed state of mind will not accept failure because they think it calls their intelligence into question. They have a bad view of failure and error. They will dramatize each of their failures. By having this negative vision of failure, these people will have difficulty recovering from failure even if their intelligence is very high.

A scarcer proportion of people have developed a growth mindset.

When you have developed this mindset over time, you are no longer afraid of failure. You have understood that failure is

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