



## **Grit: The New Science of What it Takes to Persevere, Flourish, Succeed**

*Paul G. Stoltz*

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Breakthrough research proves GRIT can be understood, measured and permanently improved. New York Times #1 best-selling author, Dr. Paul G. Stoltz, the originator of the AQ® (Adversity Quotient) theory and method, delivers on the next big breakthrough in human endeavor and success. Discover why a new study reveals 98% of employers worldwide pick GRIT over any other factor, including grit. Find out why GRIT can determine whether or not you achieve your goals, transcend your circumstances, and better your life.

Grit is hot, but misunderstood. Most people think grit is purely about basic tenacity and persistence. "That's much too limited. Science proves there is substantially more to GRIT," says Dr. Paul G. Stoltz, (author of Adversity Quotient, The Adversity Advantage, Put Your Mindset to Work). In this provocative new book, he provides the definitive upgrade from "grit" to "GRIT", and asserts that "Whether at work, school, home, sport, or play, the quality of GRIT is as important as or more important than the quantity."

Drawing from his 35 years of scholarly research and practical application in top companies and institutions like Harvard Business School and MIT, Stoltz exposes the difference between Dumb and Smart GRIT, Bad and Good GRIT, Weak and Strong GRIT. He lays out the four dimensions of GRIT, Growth, Resilience, Instinct, and Tenacity, then guides the reader to Grok (understand), Gauge (measure) and Grow (measurably improve) one's GRIT.

Each book comes with a private code to complete the GRIT Gauge™, online, with a full feedback report on one's GRIT, along with concrete tools and tips to apply GRIT as leaders, students, professionals, parents, athletes, team members, individuals, whatever the age or stage of life, to achieve uncommon personal and collective success in any and all pursuits.

## **Grit: The New Science of What it Takes to Persevere, Flourish, Succeed Details**

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## **From Reader Review Grit: The New Science of What it Takes to Persevere, Flourish, Succeed for online ebook**

### **Grace says**

While jam-packed with useful information about how to "GRIT-ify" your life, this book felt a little bit klunky in the way it was formatted. It frequently jumped back and forth between anecdotes and useful breakdowns. Good book overall, I just wish it were better organized.

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### **Scott Thompson says**

Meh - This was a free book handed down which is cause for the added star. Might Reference it in the future.

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### **Sheryl says**

I'll just take the inspiration I need from this.

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### **Lori McGuire says**

Excellent book! Great inspiration for me to keep reaching for my goals.

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