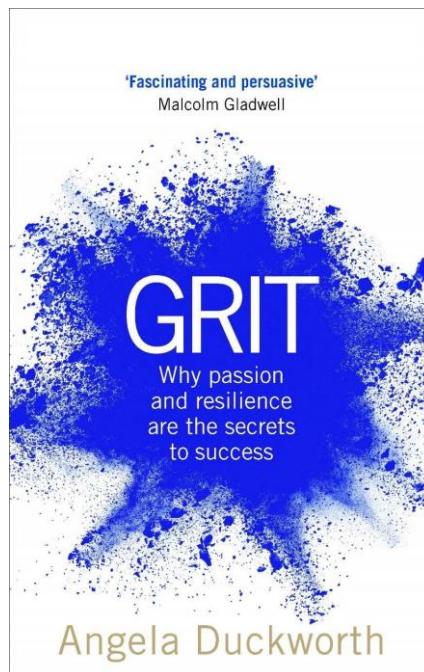


BOOK REVIEW

GRIT: WHY PASSION AND RESILIENCE ARE THE SECRETS TO SUCCESS



Author: Angela Duckworth

Reviewed by: Dr. Tenzin RABGYAL

A pioneering psychologist Angela Duckworth takes us on an eye-opening journey to discover the true qualities that lead to outstanding achievement: Winningly personal, insightful, and powerful. Angela visited a military camp. She had come to find out the grit and psychological thinking of the recruits training there. She was particularly interested of how the recruits endured the training and what their thoughts were. She questioned some recruits at random which is equal, as it is not biased. This gets her good results. The highly successful candidates had two kinds of aggressions. Some were resilient and hardworking, others knew deep inside what they wanted and also had direction. In the chapter two of this book, she retells her past career as a part-time teacher, and

explains her observations. Her extremely talented students, were getting lackluster grades or worse. She had consulted of their grades. *Distracted by talent*, they said. The next day, they had been taking notes, asking several questions. And when they failed, they tried again over and over for several times. They had *grit*. Their hard work had shown in their grades. Talent and luck do take an important part in it but it may not be the keys to success, grit is.

According to her, there is the word 'talent' seen everywhere. It seems that anyone does something extra-ordinary, we rush to the conclusion that, that person is "talented". If we overemphasize the word talented, then underemphasize everything. When we can't see easily that

experience and training gets us to that point, we label them as a “natural”. It is ‘effort’ that gets us there. Angela discusses her grit test. She explains that taking the test can help you with the processes in life. Then you can apply that and maybe try to improve your grittiness. It is a very helpful tool, which is been successfully used by many. How much grit is in our genes? She asks. Then she explains, “*It depends, whether the person would continue to endure or not.*” It is agreeable. The grit grows in our as we choose whether to endure or not. If we endure, the grit grows more weary and worn, but still strong. It is the fighting spirit of the individuals themselves.

Following your passion, is a saying that defines this chapter as a great example. If we work a job that does not spark anything at all in our emotions, then it would be mundane to work there. It is something that we want, something that intrigues our curiosity, which keeps us going. We think of the immediate reward we are going to receive when we accomplish it. That is what keeps us going. In Spelling bees, she found out that grittier kids practiced more than average. She had asked some average kids and found out that they practice not more than an hour. She then acknowledged the grittier kids practice schedule. Their average was 2-3 hours straight. They had a more success rate of winning. They had grit.

Interest is one source of passion. Purpose, the intention to contribute to the well-being of others, is another. It’s like passion, but with the exception of it being aimed to the benefit of others. Purpose is the reason for which something is done or created or for which something exists. In addition, one kind of hope is that tomorrow will be better than today. Hope is also a source of endurance and durability. It keeps us going and makes us tense whether tomorrow will be better than today. If I may, it is like gambling but with the exception of losing anything. However, parenting is especially hard. Parents who are shown to have patience and is able to take care of their children no matter the number, are very gritty. Parents who have a single child are also very gritty themselves. She recalls a moment in her past of her 4-year daughter who tried to open a box of raisins but couldn’t. She was hungry and wanted those raisins. She tried but the lid wouldn’t budge. She then wandered off. Angela gasped and thought “*My daughter has been defeated by a box of raisins!*” Angela had then rushed over and tried to convince her daughter to try again. Angela had then signed her daughter for ballet at a studio at a corner. She had called these places such as Ballet studio, basketball court, soccer field, etc., “*playing fields of grit*”. The reasons for this is simple. Grit is a requirement to play in these fields. Thus, strengthening the grit.

This book will be beneficial for parents, lecturers, and researchers to groom the future generations in strengthening their grit to be successful in their endeavors.