Notes

Chapter 1

1. One of the leading researchers in the field of how our attitudes can affect our progress in life is Stanford University professor Carol Dweck. For a primer on the differences between the gifts and growth mind-sets, see: Dweck, C. S. & Leggett, E. L. (1988). A social-cognitive approach to motivation and personality. *Psychological Review*, 95, 256–273.
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Chapter 3

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Chapter 5

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Conclusions

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