



Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential (Paperback)

By Barbara Oakley

Tarcher/Putnam,US, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Mindshift reveals how we can overcome stereotypes and preconceived ideas about what is possible for us to learn and become. At a time when we are constantly being asked to retrain and reinvent ourselves to adapt to new technologies and changing industries, this book shows us how we can uncover and develop talents we didn't realize we had--no matter what our age or background. We're often told to follow our passions. But in Mindshift, Dr. Barbara Oakley shows us how we can broaden our passions. Drawing on the latest neuroscientific insights, Dr. Oakley shepherds us past simplistic ideas of aptitude and ability, which provide only a snapshot of who we are now--with little consideration about how we can change. Even seemingly bad traits, such as a poor memory, come with hidden advantages--like increased creativity. Profiling people from around the world who have overcome learning limitations of all kinds, Dr. Oakley shows us how we can turn perceived weaknesses, such as impostor syndrome and advancing age, into strengths. People may feel like they're at a disadvantage if they pursue a new field later in life;...



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Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**

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