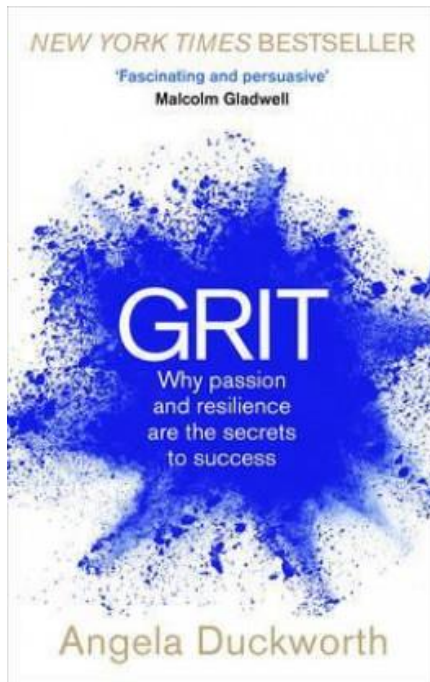


Book Review



Title: *Grit: Why Passion and Resilience are the Secrets to Success*

Author: Angela Duckworth

Publisher: Penguin Random House, U.K.

Year: 2017

Number of pages: 333

Reviewed by *Vikanda Pornsakulvanich*

This book is for those who need inspiration to reach their optimal goals and succeed in life. The book highlights factors essential to be successful. Why do some people give up so easily, while others never give up and continue to do things over and over again until their goals are reached? To understand this, the author, Angela Duckworth, explicates a psychological theory of achievement, what she calls “Grit.” According to Duckworth, grit refers to factors or characteristics leading to achievement in life. Grit is about “holding up the top-level goal for a very long time.”

The author posits this concept into what she calls the equations of achievement, which contain four main variables: talent, skill, effort, and achievement. She explains that skill comes from talent and effort ($\text{talent} \times \text{effort} = \text{skill}$), while achievement comes from skill and effort ($\text{skill} \times \text{effort} = \text{achievement}$). In short, talent is how quickly our skill is improved when we put in effort. Achievement is what happens when we use our skill with effort to do things.

Overall, this book is easy to read and full of insightful information to understand the concept. The author, as a psychology professor, wrote this book based on her research conducted over many years. The case studies and data obtained from various organizations and institutions are interesting and useful.

To be more specific, this book contains three parts: Part 1 includes five chapters highlighting what grit is and why it matters. The first part presents an overview of the concept and how grit is crucial for achievement. The author also presents

the theory and the equations of achievement and the Grit Scale. In the last chapter, the author raises an interesting question, “How much of our grit is in our genes?” She concludes that grit and any psychological traits relevant to success in life are affected by genes and also by experience. One more interesting question, “Can grit grow?” is raised, and the answer is yes. Grit grows as we age, as we grasp our life philosophy, and as we develop passion and perseverance.

Part 2 of the book illustrates how to grow grit from the inside out. The author discusses four psychological assets: interests, practice, purpose, and hope by presenting each asset in chapters 6 to 9. The author is convinced that grit can grow from inside. We have to be interested in what we are doing. In short, we can build grit from our state of mind, our inner-being that leads us to do things differently.

In Part 3, the author makes the point of building grit from the outside in. What we learn from the Part 2 is that our psychological factors are crucial for achievement. However, outside factors such as parenting, family, friends, society, and culture are also related to growing grit. The author suggests that wise parenting with support, respect, and high standards can encourage children to imitate their parents. Wise parenting is relevant to grit and could be passed down from generation to generation.

In conclusion, this book is a must read for those who want to dig deeper into what grit means and how it relates to our success. One major point that I learnt from reading this book is to set my top-level goals in life, and to pursue them with enduring effort. Persistence is a key to success. However, grit is not everything for success. There are other factors that are important such as our goals or destination. It is our journey to have new experiences, to meet new friends, to maintain existing ones, and to explore what we can give back to our community and society.

Reference:

Duckworth, A. (2017). *Grit: Why passion and resilience are the secrets to success*. UK: Penguin Random House.