# 5 Books You Can Read To Make Your Growth Mindset Better

In this presentation, I’ll be going over the 5 best books you can read if you want to improve your growth mindset. When it comes to having a growth mindset or a fixed mindset, most people find themselves falling somewhere in the middle. Thankfully, there are plenty of great writers out there who have figured out this whole growth mindset thing.

This list of books certainly won’t cover *all* of the books about adopting a growth mindset, but it should serve as a good place to start. Try to keep in mind that adopting a growth mindset takes time. As you’re reading these books, have patience, and be kind to yourself. Are you ready to hear about the books? Then, let’s get started!

## *Thinking, Fast and Slow* By Daniel Kahneman

*Thinking, Fast and Slow* delves into the two systems shaping our thinking: the quick, intuitive System 1 and the methodical, analytical System 2. With a foundation in extensive research from psychology and behavioral economics, Kahneman uncovers the biases that impact our decision-making. The book provides insights into the complexities of human thought and suggests strategies for improving one’s decision-making skills.

Kahneman engages readers in a down-to-earth conversation about our thought processes, and talks about when to trust or be wary of our intuitions. He explores the advantages of deliberate, slow thinking and offers insights into decision-making in both personal and professional scenarios. This book has been a consistent bestseller for almost a decade, and stands as a modern classic. I’d highly recommend it if you’re looking to gain new perspectives and strengthen your growth mindset.

## *Why Has Nobody Told Me This Before?* By Dr. Julie Smith

In *Why Has Nobody Told Me This Before?*, Smith shares personal stories and thoughtful observations with the reader. She provides a fantastic guide to overcoming obstacles, adapting to change, and discovering purpose by adopting a growth mindset. Delving into the significance of mental health alongside physical health, Dr. Julie Smith’s guide provides readers with a deeper understanding of how the mind functions. I’d definitely recommend giving this book a read! Many readers have claimed that it’s changed their lives.

## *The Mountain is You: Transforming Self-Sabotage Into Self-Mastery* By Brianna Wiest

In this book, Wiest combines introspective guidance with psychological insights. She encourages readers to confront their internal struggles and turn them into opportunities for self-discovery and growth. *The Mountain is You: Transforming Self-Sabotage Into Self-Mastery* offers readers a guide for changing their perspectives, growing their self-awareness, and embracing their personal journey of self-mastery.

Throughout history, the metaphor of the mountain has symbolized the significant challenges we face — especially those that seem insurmountable. Scaling these metaphorical mountains requires digging deep into the depths of our internal struggles, addressing our traumas, building resilience, and adjusting our approach to the climb. Wiest suggests that self-mastery lies not in conquering the mountain itself, but in mastering *oneself*. That’s right — the mountain is you!

## *Get Out of Your Own Way: Overcoming Self-Defeating Behavior* By Philip Goldberg

In this book, you'll find down-to-earth, hands-on advice to overcoming self-sabotage and focusing on your personal growth instead. Goldberg draws on science, real-life stories, and practical strategies — all of which you can use to help you more effectively identify and tackle your self-defeating behaviors.

## *Mindset: The New Psychology of Success* By Carol S. Dweck

In *Mindset: The New Psychology of Success*, Carol S. Dweck, a well-known psychologist from Stanford University, introduces the idea of fixed and growth mindsets. She shows how our beliefs about our abilities can significantly influence our achievements and personal development. Through research-backed facts and real-life examples, this book encourages readers to develop a growth mindset, take on challenges, and tap into their full potential.