

Reviews

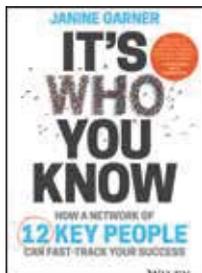
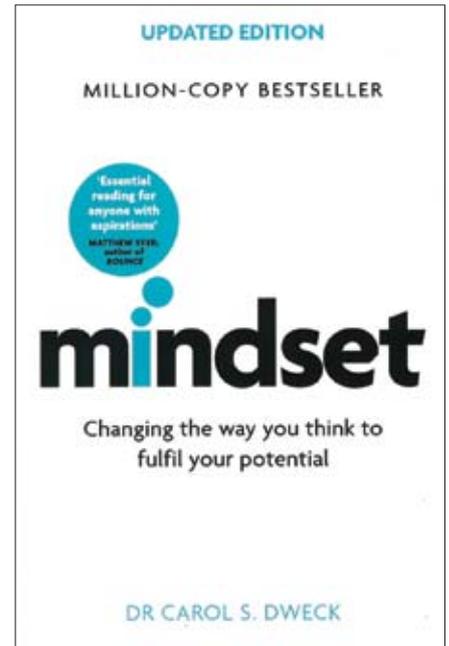
MINDSET

by Dr Carol S Dweck

Dr Carol S Dweck's bestselling book *Mindset* has recently been updated and it is well worth a read or a revisit. As a world-renowned psychologist Dweck has spent much of her life researching the way our mindset is linked with our successes and failures.

Dweck has found that there are essentially two mindsets: a fixed mindset in which you believe your intelligence, talent and abilities are unchanging which leads you to view life through a narrow lens; whereas a growth mindset values learning and skill development.

She looks at mindset by exploring the stories of athletes, artists, students, parents, employers and others. Learning and development professionals will find this book useful in how to approach both keen and reluctant learners, how to give and receive feedback, and how to coach and support those involved in developing others.



IT'S WHO YOU KNOW

by Janine Garner

We know that networking is an essential skill. Janine Garner provides

useful tips to fast-track your success by firstly challenging us to rethink how we network and asks - How many of your contacts do you really know? How many contacts honestly care about your success? and Are you doing things to help each other achieve them? Janine believes a quality network of 12 key people will allow you to build your future strategically, leverage opportunities and accelerate you towards exponential growth.



MOMENTUM

by Michael McQueen

Speaker and social researcher Michael

McQueen provides a guide to creating momentum, in business and life. Once you have read *Momentum*, Michael McQueen's goal is that you "will have a clear sense of what it takes to build unstoppable momentum in every area of life." Using case studies Michael shows you how to: implement core practices and characteristics that keep success coming; avoid traps; achieve results; sustain success and build, maintain or reclaim your dynamism and vitality.



STAND OUT

by Alison Hill

Psychologist Alison Hill helps you navigate the key pillars of happiness, health and sanity to help you lead

a *Stand Out* life. Alison writes about getting people out of overwhelm that often comes with changing the scale that they are currently viewing. She suggests when considering your future, that you commit to a new goal and write down what you will have achieved in: five weeks' time; five months' time and five years' time. *Stand Out* is easy to read and a worthwhile investment of your time.

Members are encouraged to contact editor@aitd.com.au if you would like to review a book.