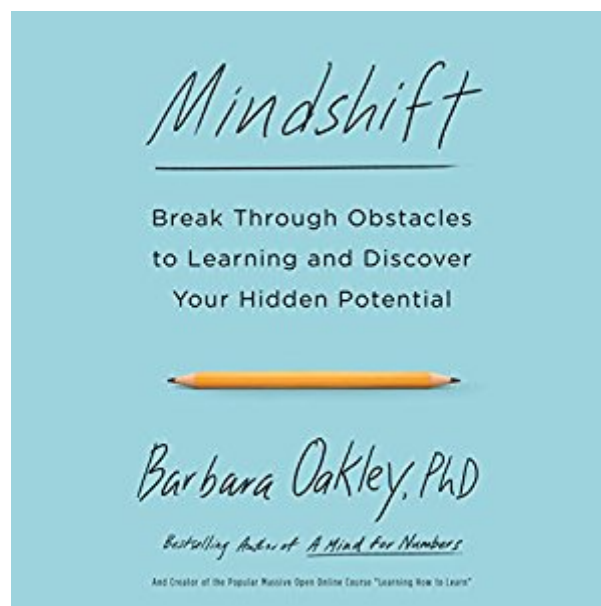




The book was found

# Mindshift: Break Through Obstacles To Learning And Discover Your Hidden Potential



## Synopsis

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, yet those who change careers can be fertile cross-pollinators: They bring valuable insights from one discipline to another. Dr. Oakley teaches us strategies for learning that are backed by neuroscience so that we can realize the joy and benefits of a learning lifestyle. Mindshift takes us deep inside the world of how people change and grow. Our biggest stumbling blocks can be our own preconceptions, but with the right mental insights, we can tap in to hidden potential and create new opportunities.

## Book Information

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## Customer Reviews

I bought this book because I had previously read Oakley's "A Mind For Numbers" (AMFN) and

absolutely loved it. This book is her second and it is weak compared to AMFN. This book is chock full of anecdotes. Long, repetitive anecdotes. AMFN is succinct and full of very constructive steps. Mindshift has very few useful nuggets. It is more like a cheerleader urging you on to make changes. Buy "A Mind For Numbers" and borrow this one from the library if you must read it.

What is a mindshift? Barbara Oakley provides this definition: "A mindshift is a deep change in life that occurs thanks to learning. In the book, Oakley describes a framework of tools that can be applied to best take advantage of learning. In each case, she uses provides a vignette of how a real person faced a life difficulty, how they solved it, and why it matters. One great part of this is the diverse group of individuals, women and man of all ages, from across the globe. Oakley discusses a variety of topics, asks the reader to work through a series of questions, and provides tools and resources to enable a person to answer these questions. Here are a sample of the topics and questions that Mindshift considers: Broaden Your Passion >> "What could you do or be if you decided to instead broaden your passion and tried to accomplish something that demanded the most from you? What skills and knowledge could you bring with you from your past that could serve you as you really challenge yourself? • Taking Active Steps >> "What mindshift are you trying to accomplish? What thoughts are keeping you stuck? Do you tell yourself that you are too old to make a career change? • Considering What Underpins Your Mindshift >> "Should the reality of the working world be a factor in your mindshift? If so, how strongly? Do you have a weakness you can change into a strength? I really enjoyed Mindshift, but it is not a "one-shot", quick-read book that provides all the answers. It is, as a book that can help someone making a life change to do so in a coherent manner. Oakley shares her own failures and successes; along with others in a global community. Mindshift provides a framework for a learner's next logical step: How to apply what you learn when making a shift in your life. In addition, Oakley provides valuable insights into maximizing learning using new tools, such as MOOCs. (She also provides a fascinating look behind the scenes of making a MOOC). Finally, I appreciated the thorough job of providing references that support the facts on learning that are provided. If you are considering a life or career change, I recommend Mindshift as a very useful guide.

Excellent

What a great book for making changes.

I completed the Mindshift course on Coursera. It was a great course on Coursera. The Mindshift book is a companion to the course. I bought the book along with audio format. I listened to the audiobook while commuting to work. I love Barbara's voice as she narrated the book. Highly recommended to everyone who wants to have a lifelong learning journey. I wished I could have this book while I was in college. Not too late for now. Cons: None

I took the first course 'Learning How To Learn.' This course was excellent and expansive from the first course. I would highly recommend this course.

I bought this book with fairly high expectations, having read reviews and having watched the author. I was however disappointed at the book for a number of reasons: 1) I found the "insights" to border on common-sense. Where this was not the case, anyone even remotely familiar with the broad subject would have come across the concepts already (e.g. exercise is good for body, brain and mood; dividing things into manageable chunks makes it easier; dramatic life events can be catalysts for change; etc.). At minimum you would have wished for an original or particularly intriguing narration, but it wasn't the case - which brings me to the next point. 2) I found the narration overly verbose, as the author dwells into details about a person's experience without any particular need; nor do the details always paint a picture of the person that is vivid enough to relate with. 3) The book seems to lack a thread. The author throws bullet points and snippets of concepts at you but there does not seem to be any central "soul" or personality to the work. The individual chapters could have been broken down many times and appear in the science or self-development column of a monthly magazine. To conclude, if you are considering buying this book, I would advise you to do a "mindshift"... and opt for something else. Authors such as Kelly McGonigal, Daniel Kahneman, Roy Baumeister or John Medina are far superior and could be a starting point if you need to begin somewhere.

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Seven Things That Steal Your Joy: Overcoming the Obstacles to Your Happiness  
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