



Grit: How to Keep Going When You Want to Give Up

Martin Meadows

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Tempted to Give Up? Here's How to Keep Going

If you browse through the interviews with some of the most successful people on Earth, you'll find one common piece of advice shared by virtually all of them:

They never give up on their big goals.

Research shows that **grit is a better predictor for success than any other factor**. The ability to keep going despite setbacks is more important than your IQ, character or other external factors like your upbringing or surroundings.

But what does it really mean to “never give up”? What exactly is grit? How do you persevere when faced with larger than life difficulties? How do you keep going when you're at the brink of exhaustion and all your hard work hasn't been rewarded yet?

I wrote this book to explore the subject of persistence from a more scientific point of view than cliché self-help sayings. I want to share with you how exactly to stick to your goals according to peak performers and science – not vague motivational advice that assumes we have unlimited strength once we're motivated enough.

Here are just a couple of things you will learn from the book:

- A crucial piece of advice you can learn from the first people who reached the South Pole. **If you make the wrong choice, you'll burn out – guaranteed.**
- What famous American comic Jerry Seinfeld did in his early days of career to keep going. **It's a simple trick that provides huge results.**
- What a study on top musicians, athletes, actors and chess players can teach you about achieving results and persistence. **The elite performers practice much fewer hours than you believe.**
- Five of the most common ways you lead yourself to self-sabotage. Usually, **you're not even aware of how many of your efforts go for naught** simply because of the five things I discuss in this book.
- According to studies, this one trait is **strongly associated with grit and persistence**. Learn what it is and how to develop it in five different ways.
- Five focusing questions to keep going. Asking yourself these questions will help you **boost your motivation when you're at the brink of giving up.**
- How listening to others whining **makes a part of your brain shrink** and affects your ability to persevere when faced with setbacks.
- Six bestselling authors and bloggers share their best techniques on how to keep going when you want to

give up: Stephen Guise (author of “Mini Habits: Smaller Habits, Bigger Results”), Joel Runyon (blogger at ImpossibleHQ.com), Serena Star-Leonard (bestselling author of “How to Retire in 12 Months: Turning Passion into Profit”) Derek Doepker (bestselling author of “Why You’re Stuck”), Michal Stawicki (bestselling author of “Trickle-Down Mindset: The Missing Element In Your Personal Success”), and Hung Pham (bestselling author of “Break Through: 12 Powerful Steps to Destroy Your Mental Barriers and Achieve Success”).

There’s no reason why you should give up if you’re working on the right goal. Learn how to make sure you’ll reach your objectives. Scroll up and buy the book now.

For more free resources, sign up for my self-improvement newsletter:

<http://www.profoundselfimprovement.com/grita>

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Margaret Williams:

Grit: How to Keep Going When You Want to Give Up can be one of your beginning books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort that will put every word into delight arrangement in writing Grit: How to Keep Going When You Want to Give Up although doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource details that maybe you can be one of it. This great information may drawn you into completely new stage of crucial thinking.

Carrie Wilson:

This Grit: How to Keep Going When You Want to Give Up is great guide for you because the content that is certainly full of information for you who all always deal with world and get to make decision every minute. This particular book reveal it details accurately using great organize word or we can claim no rambling sentences inside. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but tough core information with beautiful delivering sentences. Having Grit: How to Keep Going When You Want to Give Up in your hand like finding the world in your arm, information in it is not ridiculous one. We can say that no e-book that offer you world throughout ten or fifteen minute right but this book already do that. So , it is good reading book. Hi Mr. and Mrs. active do you still doubt this?

Rachel Cady:

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