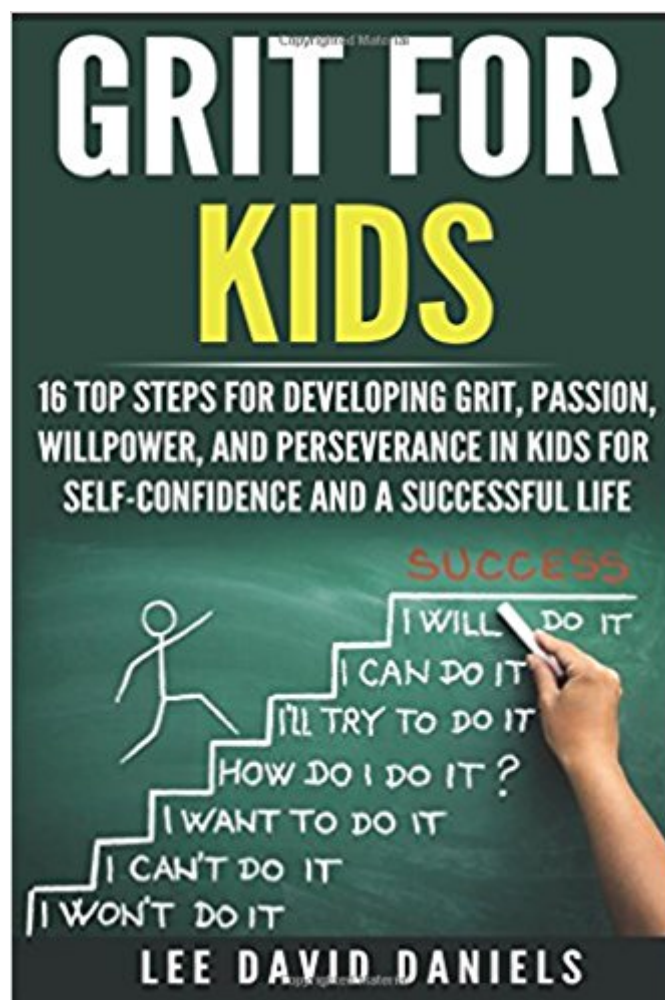




The book was found

Grit For Kids: 16 Top Steps For Developing Grit, Passion, Willpower, And Perseverance In Kids For Self-confidence And A Successful Life





Synopsis

Teach your kids to develop Grit, that combination of passion, purpose, and perseverance that has been identified as a key to success! SECOND EDITION: Contains new chapters explaining Grit, why you should develop it, questions to ask your kids, additional resources, and much more..

“Our potential is one thing. What we do with it is quite another.” Angela Duckworth, *Grit: The Power of Passion and Perseverance*

Everyone has heard of Grit. It’s that unique combination of passion and perseverance that has been identified as a key to success. But while much has been written on how to develop these attributes for adults, there hasn’t been much practical advice on how to develop grit in children. Your kids are the most important people in your lives. In this increasingly competitive and confusing world they need you to help them be their best. They need you to guide them in developing traits for success and happiness. *Grit for Kids* will teach you how to help your child to develop their own grit in just 16 easy-to-follow chapters. Each one contains real stories of real kids facing common situations, proven steps to take in these situations, and the outcomes after the steps were taken. Your son or daughter will confidently be able to:

- Develop Discover what they’re really interested in pursuing; belief in their skills; ability to overcome negativity; desire to learn more about everything; ability to bounce back after a setback; capability to defend their beliefs and opinions.
- Manage Ability to recognize and control emotional outbursts; recognize small vs. big problems and keep them in perspective; recognize their unique strengths and weaknesses; be appreciative of differences in people; learn to right the wrongs they may have caused to others.
- Plan Define goals related to their passion; break the goals into small achievable tasks; follow the process of completing tasks; set milestones for achieving a goal; celebrate when a milestone is reached; apply lessons learned from a setback; persevere in achieving goals.
- Grow Achieve conviction in their beliefs; learn to apply ethical and moral behavior; cultivate a desire for a deeper understanding of issues; acquire healthy habits for their body and mind.

What you will be able to do:

- Inspire your kids to discover what they’re passionate about
- Teach methods to manage their emotions
- Show how to downplay negativity and increase optimism
- Explain steps to teach respect for themselves and others
- Impart ways to help them develop goals consistent with their passions
- Demonstrate methods for planning to achieve their goals
- Explain how to teach them to stay the course
- Prepare them for setbacks or negative outcomes
- Teach how to learn from their mistakes and apply these lessons
- Reveal techniques to improve their decision making
- Apply methods to keep them at optimal health
- Model yourself as an example in perseverance and resilience

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Customer Reviews

I have read grit and mindset which his observations are based off of and don't think anything earth shattering was abstracted. If you need a book to summarize those two then this would be right for you

I was under-whelmed.

I was asked to read this book and review it because I had read and reviewed a galley copy of Angela Duckworth's book, *Grit: The Power of Passion and Perseverance*, which I absolutely loved. While Mr. Daniels may have been inspired by that book, his work pales in comparison. My first objection is that Lee David Daniels clearly got his inspiration for *Grit for Kids* from Duckworth's book; however, not once does he credit or even refer to her work in his writing. While not technically plagiarism, I do feel that Daniels is, in a sense, "stealing" Duckworth's material. Angela Duckworth has invested years in her research on the concept of Grit. She has interviewed countless successful people who model passion and perseverance. She is a scholar and a scientist. What credibility does Mr. Daniels have? Is he a parent, a teacher, a coach or other professional who has mentored children who went on to be successful adults? Or is he just another "Dr. Spock," who is opining how to develop gritty kids, when he actually has no proven track record of doing so? Second, this book is amateurish--fraught with typos and grammatical errors. As an experienced copy editor, I found this terribly distracting. It also didn't give me a lot of confidence in Daniels' credibility. The author makes the common mistake of bouncing back-and-forth between he and she, attempting to be gender inclusive. It would be less awkward to say, "To develop _____ characteristic in you children..." and

then use the pronouns 'they' and 'them' in his bullet points. While it was good that the author's examples of Grit development depicted wise, loving and supportive parents, not all children have this kind of role models in their lives. I would have liked to have seen examples of grandparents, foster guardians, teachers, coaches club leaders and other supportive adults, as well. Next, I am not a fan of the promotion of Yoga with children. It is way more effective to help children talk out their goals and issues regarding the attainment of those goals with sympathetic adults than to utilize breathing techniques and other stress-relief methods. Yoga is the only religious practice specifically mentioned in the book. If you are going to talk about that, then how about including prayer and other religious exercises? The book is succinct and practical, but it is too short. It gives examples, but they seem contrived. The tone is very "preachy," particularly coming from someone who seems to have no real expertise on the subject. It's more of a primer or booklet than an actual book about developing Grit in kids. If it included a study guide or discussion questions and was better developed, perhaps it could be included in parenting classes or some sort of support group. In summary, this was a fair first draft or outline of what could be covered in a book about developing Grit in young people. Nevertheless, I think it would behoove the author to go back and flesh out this book some more. First, he needs to explain just what Grit is by paraphrasing and quoting some of Angela Duckworth's key points--and giving her credit for them. Second, he could quote or refer to some of her "grit paradigms" or use headings from Duckworth's books to discuss his points, and then give his examples and strategies. He might need to get permission from Duckworth to do so. She may even be gracious enough to collaborate with him--provided he can demonstrate that his advice is useful and credible. Finally, he needs to hire a competent editor to help him correct his errata. Having raised two highly intelligent and successful young men, I know it takes a lot of hard work, understanding and prayer to foster passion and perseverance in children. I have also been involved in education and mentoring young people in religious and club settings. I would have loved to have had access to Angela Duckworth's book back in my earlier years, as well as something to help me practically apply some of her principles at home and in those other settings. While Lee David Daniel's book might whet someone's appetite and get them thinking in this area, I am not sure it would be the best resource available to parents and other supportive adults for developing Grit in their kids.

Because I had written reviews of Grit and other some education related books Lee David Daniels sent me a review copy of his short book Grit for Kids. While the title would have caught my eye, I am not sure that I would have stumbled upon it otherwise, and

I'm glad that the author brought it to my attention. While the book, by nature of its length, leaves out quite a bit about the concept and its application of Grit to parenting, it does provide a useful, actionable, introduction to concept. Grit for Kids is a short, application focused short book that can provide some needed guidance to parents who are struggling with how to help their kids follow through in the face of challenges, or just boredom. It says a minimal amount about the theory of grit and dives into scenarios and techniques you can use to encourage the right combination of endurance and passion with children in your care. The examples are realistic and address children of a variety of ages from later elementary to high school. The author captures the essential parts of grit, including the subtlety that gets lost in many interpretations which focus on "persistence" over all else. As Angela Duckworth describes the concept of grit, it also means understanding your limits. I would recommend reading Grit: The Power of Passion and Perseverance, but that is a larger time commitment, and this book might just fill a gap. It will give you ideas to get started, as it is easily readable during a couple of short blocks of idle time. The book would be better if the author pointed to resources to go more deeply. And it is a bit simplistic, but if you are looking for a way to understand how to help your kids get on the road to being grittier, then this is worth a look if the price is right. But do follow up with the original book, or at least the TED talk.

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Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)
Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1)
Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower)
Grit: The Power of Passion and Perseverance
Summary of Grit: The Power of Passion and Perseverance (Angela Duckworth)
The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control, and a Growth Mindset
Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3)
A Lesson on Perseverance: A Lesson on Perseverance (Kingdom Kicks Series) (Volume 1)
Charisma: Discover How to be More Charismatic,

Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Mental Toughness: For Peak Performance, Leadership Development, and Success: How to Maximize Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business, and Health Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Self Love: Raising Your Self-Confidence & Self-Esteem NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1)

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