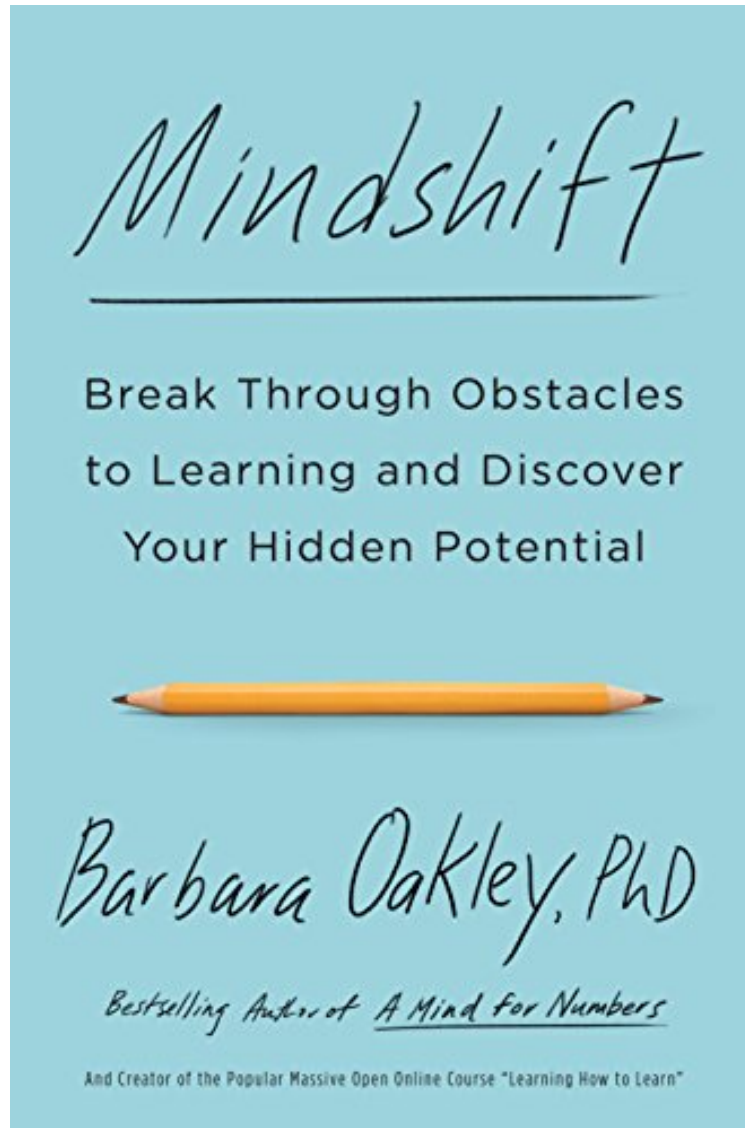


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# Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential

Barbara Oakley

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**Barbara Oakley : Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential:

28 of 28 people found the following review helpful. Buy A Mind For Numbers instead of this book. By J. M. Lynch 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. 0 of 0 people found the following review helpful. Useful guide for young and old, perpetual students  
By Windchyme50  
Many of the things Oakley writes about were becoming known a few decades ago, when the chapters in my high school psychology textbook on "how to study better" got me so excited that I chose psychology for my career. But Oakley is a gifted teacher and cites some pretty useful and new neuroscience, and lays out a very organized program for developing one's study skills. I've bought the book for my granddaughter, now entering high school, and she was excited. Highly recommended.  
33 of 36 people found the following review helpful. A guide to making a deep change in your life  
By J. Brew  
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's a book that can help someone making a life change to do so in a coherent manner. Oakley's 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.

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 into hidden potential and create new opportunities. From the Trade Paperback edition.

"Mindshift is essential reading for anyone seeking a reboot, reset, or reinvention. As Oakley trots around the globe and across disciplines, she explains the power of taking a 'pi' approach to your career, why worriers often get ahead, why negative traits can house hidden advantages, and why it's smarter to broaden your passion than follow it. Jammed with inspiring stories and practical tips, Mindshift is a book that can change your life." -- Daniel H. Pink, author of Drive and A Whole New Mind  
"Significant change is possible. With those four hopeful words, Barbara Oakley opens the door to an entirely new way of seeing and reaching our potential. Don't hesitate, it matters." -- Seth Godin, bestselling author of Linchpin  
"Brace yourself: This book will change your entire perception of what you thought was possible. Barbara Oakley will make you realize that you can change and change quite profoundly by making just a few tweaks to how you learn, and she will show how these methods are becoming increasingly available to everyone. Upgrade your mind, upgrade your life, with this book." -- Scott Barry Kaufman, scientific director of the Imagination Institute and coauthor of Wired to Create: Unravelling the Mysteries of the Creative Mind  
"The message of Mindshift is utterly convincing you can learn, change, and grow, often far more than you can imagine.

Read, learn, and enjoy!"