

PSP Preparation Essentials Book Report  
*Grit: The Power of Passion and Perseverance* by Angela Duckworth  
Hudson Turner

In the first part of *Grit: The Power of Passion and Perseverance*, Angela Duckworth introduces the concept of how a combination of passion and perseverance is a more important factor for long term success than talent or intelligence. Now those are important but for long-term sustained success, it is more important to keep your head down and stay grinding.

In the beginning, Duckworth shares her own story of discovering the importance of grit. As a teacher she observed students who were not necessarily the smartest students in the class but displayed perseverance in the face of adversity. This finding made her want to pursue further research into what drives people to success. Duckworth provides numerous examples across many industries showing how grit outperforms natural talent. Which brings us back to the well-known Tim Notke quote that Kevin Durant lives by, “*Hard work beats talent when talent doesn’t work hard.*”

Duckworth then brings forth the idea that effort counts twice which suggests that effort plays a crucial role in turning untapped potential into achievement. She then goes on to make an equation out of the situation saying achievement equals talent times effort. Talent needs effort to be any good and effort needs talent, without one another it would not be enough.

By the end of the first part, Duckworth switched gears focusing on how developing passion can serve as the foundation of grit. Passion, however, does not just fall from the sky it requires exploration of oneself and a willingness to try new things and commit to them overtime. Passion is just as important as perseverance when it comes to achieving your long-term goals.

To summarize the first part of the book, *Grit* lays the foundation for understanding why grit is so important to achieving success. Duckworth challenges the traditional way of thinking of talent and intelligence are more important when passion and perseverance are just as critical. She says that anyone with the right mindset and determination can form the grit necessary to succeed in life. From only reading the first part of this book, I am sure I would recommend it to anyone just for the sole reason that knowing I can be successful if I am passionate about what I do and have the resilience to keep working at it.