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Now that our Grit book summary has covered the major internal components of grit, we move on to external components: parenting, coaches, and culture. Part 3 of Grit: The Power of Passion and Perseverance teaches you how to create situations and environments that improve grit.

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1 Minute grit book Summary: takeaways from the Angela Duckworth and Pete Carroll Event / May 22, 2016 by Lewis Lin A few weeks ago, I got a chance to see Angela Duckworth talk about her new book Grit, The Power of Passion and Perseverance .

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