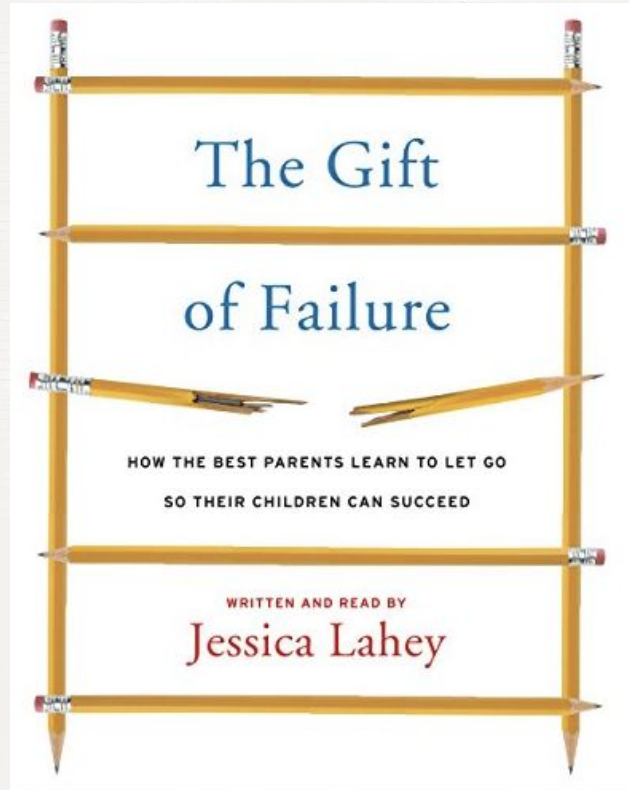


# Reading Recommendations

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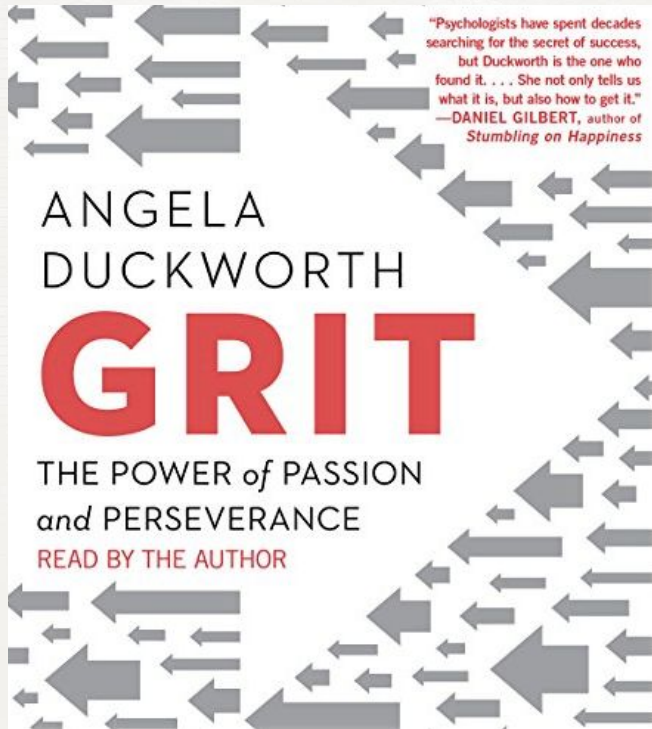
# The Gift of Failure



Jessica Lahey draws on research from psychology, neuroscience, and education to support her argument. She emphasizes **the importance of allowing children to take risks, make mistakes, and experience failure**, as these experiences can help them to develop important skills such as problem-solving, perseverance, and adaptability. Lahey also provides practical advice for parents and educators on how to foster a growth mindset and create a supportive environment that encourages children to embrace failure as a necessary part of the learning process.



# Grit: The Power of Passion and Perseverance

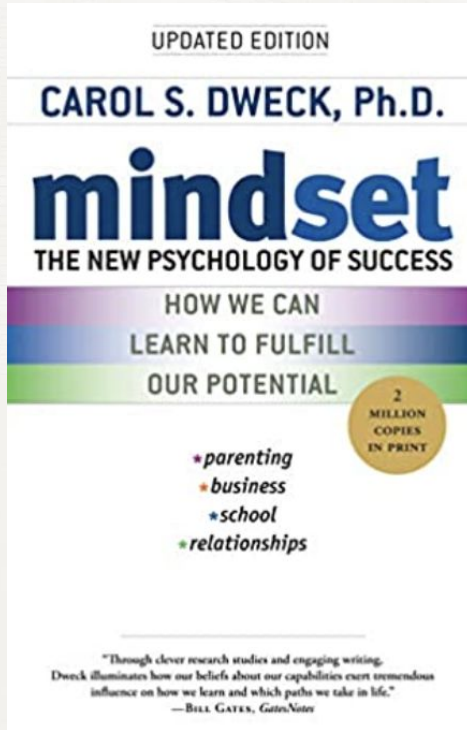


Angela Duckworth has spent years studying people, trying to understand what it is that makes high achievers so successful. And what she found surprised even her. It wasn't SAT scores. It wasn't IQ scores. It wasn't even a degree from a top-ranking business school that turned out to be the best predictor of success. "It was **this combination of passion and perseverance that made high achievers special,**" Duckworth said. "In a word, they had grit."





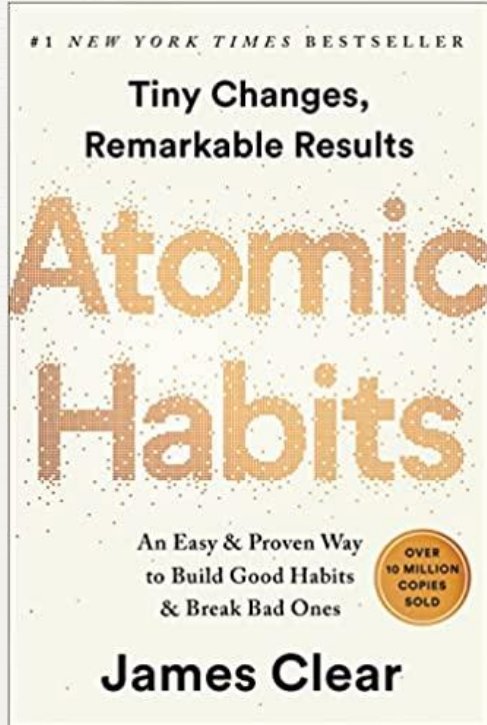
# Mindset: The New Psychology of Success



After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a **fixed mindset**—those who believe that abilities are fixed—are less likely to flourish than those with a **growth mindset**—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment.



# Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones



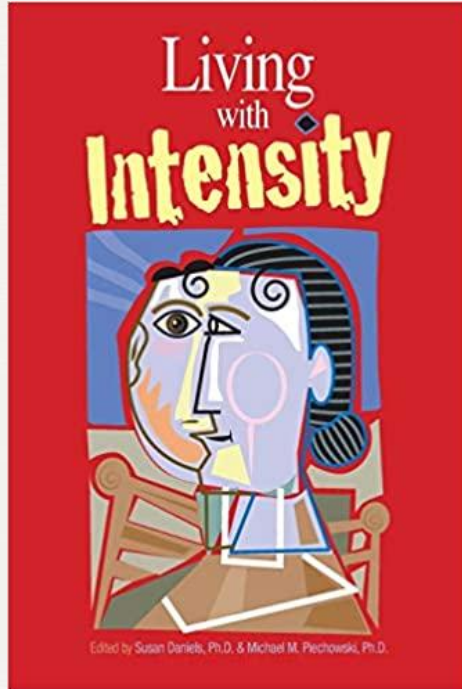
James Clear draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for **making good habits inevitable and bad habits impossible**.

Learn how to:

- make time for new habits
- overcome a lack of motivation and willpower
- design your environment to make success easier
- get back on track when you fall off course
- help your children create healthy habits



# Living With Intensity: Understanding the Sensitivity, Excitability, and the Emotional Development of Gifted Children



Gifted children and adults are often misunderstood. Their excitement is viewed as excessive, their high energy as hyperactivity, their persistence as nagging, their imagination as not paying attention, their passion as being disruptive, their strong emotions and sensitivity as immaturity, their creativity and self-directedness as oppositional. This book describes these **overexcitabilities** and **strategies** for dealing with children and adults who are experiencing them. **Learn practical methods for nurturing sensitivity, intensity, perfectionism, and much more.**





The background of the slide is a light gray surface with a faint grid pattern. Numerous colored pencils are scattered around the perimeter, pointing towards the center. The pencils are in various colors including red, purple, blue, teal, green, yellow, and orange. Some pencils are sharpened, while others are not. A small number '7' is visible in the top right corner.

# BFA Gifted and Talented Website