

[Grit](#) is the kind of book you read, and then you *insist* your friends and family read it. [Angela Duckworth](#) has created a masterpiece of insight, data, and perspective that you would be doing a genuine disservice to yourself having not consumed in earnest.

*Grit* is based upon the principles of not giving up, and goes on to prove in great detail not only how to measure the grit of an individual, but how to predict success based upon someone's personal level of grit.

Furthermore, *Grit* goes on to relate grit to parenting and how to become a better parent by nurturing grit with your children, and by improving your relationship as a parent with your kids.

I really cannot recommend this book enough, I don't know what else to say.

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