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## Better By Mistake The Unexpected Benefits Of Being Wrong Alina Tugend

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BETTER BY MISTAKE is a wise, compassionate, and thoroughly enlightening guide to human imperfection. With empathy and brilliance Tugend explores the many ways that mistakes can serve as opportunities for, rather than obstructions to, growth and success. Tugend never simply laments mistake-making.

Better by Mistake: The Unexpected Benefits of Being Wrong...

Better by Mistake: The Unexpected Benefits of Being Wrong. by Alina Tugend (Goodreads Author) 3.41 · Rating details · 217 ratings · 41 reviews. A New York Times columnist delivers an eye-opening big idea: Embracing mistakes can make us smarter, healthier, and happier in every facet of our lives. In this persuasive book, journalist Alina Tugend examines the delicate tension between what we're told-we must make mistakes in order to learn-and the reality-we often get punished for making ...

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Better by Mistake. In Better by Mistake, I examine the delicate tension between what we ' re told – that we must make mistakes in order to learn – and the reality that most of us dread and avoid mistakes. Using in-

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depth research and behavioral studies, my book includes what the medical and aviation fields have taught us about the best ways to respond to errors, how and why men and women react differently to mistakes and how other cultures approach the concept of mistakes.

~~Better by Mistake: The Unexpected Benefits of Being Wrong ...~~

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"Better by Mistake" won't prevent you from goofy gaffes or spectacular snafus, but it will make it easier to learn from your lapses and put things into perspective.

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My book, Better by Mistake: The Unexpected Benefits of Being Wrong, examines why this is so necessary - and so difficult. I wrote it, as I say in the book " to explore the tension between the fact we ' re taught when young that we learn from mistakes, but the reality is that most of us hate and dread them. "

~~The Unexpected Benefits of Being Wrong | HuffPost~~

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Award-winning New York Times columnist and author of the book Better by Mistake: The Unexpected Benefits of Being Wrong. Known for tackling complex and difficult subjects, and for making them simple — but not simplistic — for readers and listeners.

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~~Alina Tugend — Writer~~

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