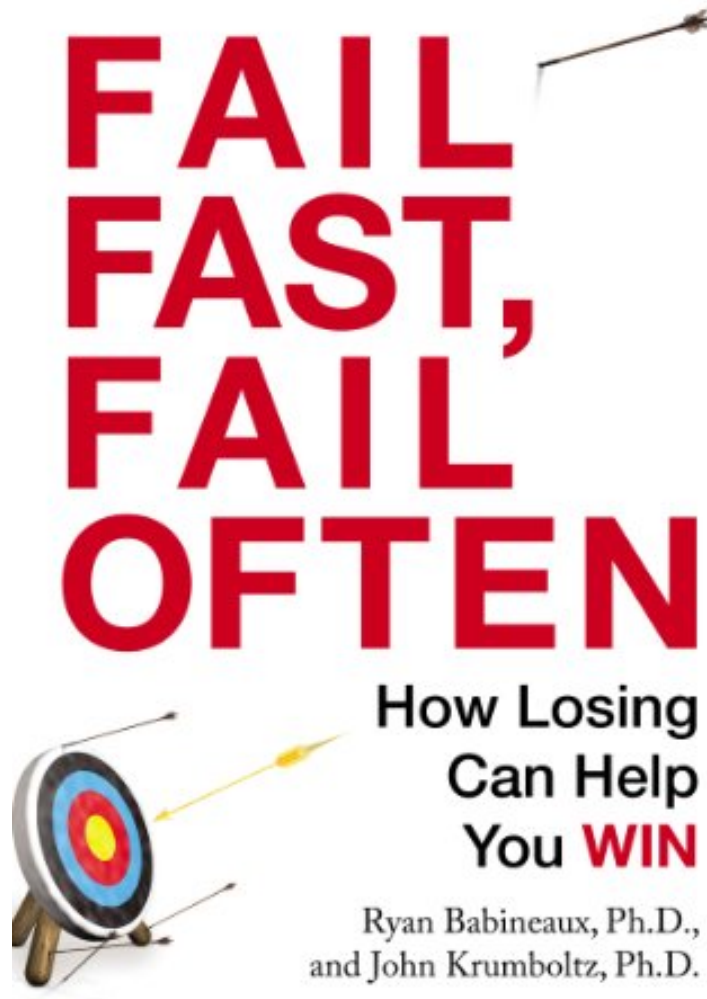


(Ebook free) Fail Fast, Fail Often: How Losing Can Help You Win

Fail Fast, Fail Often: How Losing Can Help You Win

Ryan Babineaux, John Krumboltz
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"If you're not occasionally failing, you're not trying hard enough. *Fail Fast, Fail Often* offers helpful tactics for conquering paralyzing fear and taking the strategic risks necessary for success."
—Todd Henry, author of *Die Empty* and *The Accidental Creative*



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Ryan Babineaux, John Krumboltz : Fail Fast, Fail Often: How Losing Can Help You Win before purchasing it in order to gage whether or not it would be worth my time, and all praised Fail Fast, Fail Often: How Losing Can Help You Win:

10 of 10 people found the following review helpful. The power of strategic, enlightened failures from which to learn valuable lessons fastBy Robert MorrisThe word "failure" is often carelessly used and so I begin with my own opinion that -- with rare exception -- a failure is a consequence from which nothing of value is learned. This seems to have been what Thomas Edison had in mind when correcting a colleague who deemed an experiment deemed a "failure." It

was, in fact, a valuable learning lesson, one that increased their knowledge of what doesn't work. In this context, I am again reminded of a passage in Paul Schoemaker's latest book, *Brilliant Mistakes*: "The key question companies need to address is not *'Should we make mistakes?'* but rather *'Which mistakes should we make in order to test our deeply held assumptions?'*" This is what Ryan Babineaux and John Krumboltz seem to have in mind when observing, "People who are happy and successful expend less time planning and more time acting. They get out into the world and try new things, make mistakes, and in doing so, benefit from unexpected experiences and opportunities" that they would not otherwise have. The key is to learn how to "make small changes to what they *do*...to break free from habitual behaviors and initiate new adventures, act boldly with minimal preparation, and leverage their strengths for rapid change." Babineaux and Krumboltz agree with Helen Keller, as do I: "Life is either a daring adventure or nothing." That said, neither she nor they recommend placing one's self in harm's way by taking foolish, impulsive risks. Be proactive, yes, but focus on opportunities that require "smart action." These are among the dozens of business subjects and issues of special interest and value to me, also listed to indicate the scope of Babineaux and Krumboltz's coverage.

- o Focus on Opportunities, Not Problems (Pages 3-5)
- o A Long Bike Ride Leads to a Great Idea, and, The Joyful Tipping Point (9-13)
- o Don't Let a Day Pass Without Having Fun (14-18)
- o Mapping Joy (19-21)
- o Fail Fast to Learn Fast (27-31)
- o Be a Beginner, Not an Expert (31-34)
- o Failure Is What You [Do or Don't] Make of It (37-38)
- o Act on Your Curiosity (45-49)
- o Five Keys to Curiosity (49-50)
- o Test Your Assumptions (60-67)
- o Discover Your Success (72-75)
- o Bigger Isn't Always Better (80-85)
- o The Power of Small Wins (85-90)

Note: Peter Sims also has a great deal of value to say about this in his book, *Little Bets: How Breakthrough Ideas Emerge from Small Discoveries*

- o Build on Your Strengths (92-94)
- o See the World Like an Anthropologist, and Be Inquisitive (101-110)
- o Too Much Thinking Can Stop You in Your Tracks (122-126)
- o Overcome Procrastination (155-160)
- o Ten Ways to Diversify Social Relationships (171-177)
- o Tips for Introverts (177-179)

I commend Babineaux and Krumboltz on their skillful use of several reader-friendly devices that include boxed mini-commentaries that are inserted throughout their lively and eloquent narrative; dozens of relevant quotations (e.g. John Horn's observation, "Why we play as children is not because it is our work or because it is how we learn, thought bother statements are true; we play because we are wired for joy, it is imperative as human beings"); checklists of key points; and a Call to Action at the conclusion of Chapters 1-9 that will help readers to apply material that is most relevant to their needs, interests, goals, and resources as well as to those of the given enterprise. In the Preface, Ryan Babineaux and John Krumboltz make a promise that they certainly keep when providing an abundance of information, insights, and counsel: "Each chapter includes a discussion of cutting-edge research, inspiring stories from the lives of famous and ordinary people alike, and specific steps to put ideas into practice to enact immediate [and beneficial] change in your life." The "Fail Fast" approach they propose can help almost anyone to transform their life through small, immediate actions. "When you embrace [strategic, enlightened] failure rather than resist it, every moment provides the opportunity" to learn, grow, stretch, stumble and then recover...and thereby learn what can help to achieve personal success and professional development. Bravo!

5 of 5 people found the following review helpful.
 fun enriching way to help people grow
 By Kartik Kanakasabesan
 The book provides practical tools to break from the habits that are holding people back. Just simple and small adjustments to your life can have big impacts in work, play, and life in general. You don't have to be a genius to anything you want, you need to have the will to stick it out long enough to realize whether to pursue or move on to something serendipitous that is waiting for you around the corner.

1 of 1 people found the following review helpful. Changed Everything
 By Chey
 Only 22 reviews? I thought this book would have at least 200. Anyways I first saw this book recommended from SUCCESS magazine. Of course I trust the company SUCCESS and followed their recommendation. This book totally changed how I view mistakes and failure. Instead of feeling anxiety I just go for things now. Although I admit that it's still hard to overcome fear.

"Bold, bossy and bracing, *Fail Fast, Fail Often* is like a 200-page shot of B12, meant to energize the listless job seeker." —New York Times
 What if your biggest mistake is that you never make mistakes? Ryan Babineaux and John Krumboltz, psychologists, career counselors, and creators of the popular Stanford University course "Fail Fast, Fail Often," have come to a compelling conclusion: happy and successful people tend to spend less time planning and more time acting. They get out into the world, try new things, and make mistakes, and in doing so, they benefit from unexpected experiences and opportunities. Drawing on the authors' research in human development and innovation, *Fail Fast, Fail Often* shows readers how to allow their enthusiasm to guide them, to act boldly, and to leverage their strengths—even if they are terrified of failure.

"Bold, bossy and bracing, *Fail Fast, Fail Often* is like a 200-page shot of B12, meant to energize the listless job seeker." —New York Times
 "Big goals are great—but not if they're paralyzing. In this fun and inspiring book, Babineaux and Krumboltz show that taking small steps and accepting failures ultimately lead you down the path to success." —Laura Vanderkam, *What the Most Successful People Do Before Breakfast*
 "If you're not occasionally failing, you're not trying hard enough. *Fail Fast, Fail Often* offers helpful tactics for conquering paralyzing fear and taking the strategic risks necessary for success." —Todd Henry, author of *Die Empty* and

The Accidental Creative; Chock-full of practical, inspirational stories and advice that will help get even the most reluctant of us off the couch and on to more exciting life pursuits. — Denise Pope, Ph.D., Senior Lecturer, Stanford Graduate School of Education, and Co-Founder, Challenge Success; Fail Fast, Fail Often vigorously examines the counterintuitive idea that not striving for instant perfection is essential to the creative process. — Carl Alasko, author of Say This, Not That and Emotional Bullshit; About the Author Ryan Babineaux, career counselor and co-creator with John Krumboltz of the popular Stanford University continuing studies course "Fail Fast, Fail Often," received his Ph.D. from Stanford University in educational psychology and his M.Ed. from Harvard University in psychology and human development. John Krumboltz is a professor of education and psychology at Stanford University. He is a Fellow of the American Psychological Association, as well as the American Association for the Advancement of Science. He is the winner of numerous prestigious honors, including the Outstanding Research Award for the American Counseling Association. He has authored or co-authored more than 200 publications, including Luck is No Accident: Making the Most of Happenstance in Your Life and Career.