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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.

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My book, Better by Mistake: The Unexpected Benefits

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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."

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~~Alina Tugend — Writer~~

Better by Mistake: The Unexpected Benefits of Being Wrong Alina Tugend. Riverhead, \$25.95 (304p) ISBN 978-1-59448-785-9. Buy this book. In her absorbing first book, veteran journalist Tugend ...

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