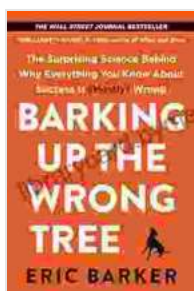


Barking Up the Wrong Tree: The Surprising Science Behind Why Everything You Know About Success Is (Mostly) Wrong

By Eric Barker

What if everything you thought you knew about success was wrong? What if the things that are supposed to make you successful—like working hard, setting goals, and being persistent—actually hold you back?



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★★★★☆ 4.7 out of 5

Language	: English
File size	: 1591 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 312 pages



In his book *Barking Up the Wrong Tree*, Eric Barker challenges conventional wisdom about success. He argues that many of the things we think we know about success are actually wrong, and that the key to achieving success is to do the opposite of what everyone else is ng.

Barker bases his arguments on the latest research in psychology, neuroscience, and economics. He shows that things like:

- **Setting goals** can actually make you less likely to achieve them.
- **Working hard** can lead to burnout and decreased productivity.
- **Being persistent** can sometimes be harmful, especially if you're not making progress.

So what does it take to be successful? According to Barker, the key is to focus on **progress**, not perfection. It's about taking small steps forward every day, and learning from your mistakes along the way.

Barking Up the Wrong Tree is a groundbreaking book that will change the way you think about success. It's a must-read for anyone who wants to achieve their full potential.

Here are some of the key takeaways from *Barking Up the Wrong Tree*:

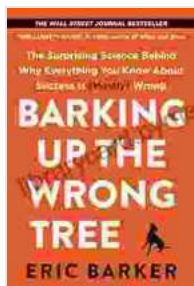
- **Success is not about being perfect.** It's about making progress, and learning from your mistakes along the way.
- **Don't be afraid to do things differently.** The key to success is to find your own path, and not follow the crowd.
- **The most important thing is to enjoy the journey.** Success is not a destination, it's a journey. So make sure you're enjoying the ride.

If you're ready to learn the surprising science behind why everything you know about success is (mostly) wrong, then you need to read *Barking Up the Wrong Tree*. This book will change the way you think about success, and help you achieve your full potential.

Buy *Barking Up the Wrong Tree* on Our Book Library

****Image Alt Attributes****

* **Eric Barker, author of *Barking Up the Wrong Tree*** * **A collage of images related to success, such as a person working hard, setting goals, and being persistent** * **A graph showing the relationship between effort and success** * **A photo of a person making progress, such as taking a small step forward** * **A photo of a person enjoying the journey, such as smiling and laughing**



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