



Better By Mistake: The Unexpected Benefits of Being Wrong

Alina Tugend

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***New York Times* columnist Alina Tugend 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 them. She shows us that mistakes are everywhere, and when we acknowledge and identify them correctly, we can improve not only ourselves, but our families, our work, and the world around us as well. Bold and dynamic, insightful and provocative, *Better by Mistake* turns our cultural wisdom on its head to illustrate the downside of striving for perfection and the rewards of acknowledging and accepting mistakes and embracing the imperfection in all of us.

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