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**“Tough's research demonstrates that all children have the capacity for self-control, grit, and success if given the right tools to work with from birth. Informative and effective methods to help children overcome issues and thrive at home and in school.” —*Kirkus Reviews***

# HELPING CHILDREN SUCCEED

*What Works and Why*

## By Paul Tough

**Paul Tough's** NYT-bestselling **HOW CHILDREN SUCCEED** first introduced readers to the research that shows that character strengths like grit, perseverance, self-control, and optimism play a critical and often overlooked role in children's success. After that book came out, Tough spent months on the road, speaking to teachers and community groups. And after each talk, he would often get the same question from concerned readers in the audience: “O.K., now that we know this, what do we do?”

Tough has spent the last year and a half trying to answer that question, and the result is **HELPING CHILDREN SUCCEED** (Houghton Mifflin Harcourt, May 24, 2016). His conclusion: We should stop trying to “teach” qualities like grit and self-control to our kids. Instead, he argues, we need to recognize that these capacities are the product of children's environment, in the home and in school. If we want to

make kids more motivated, engaged, and productive in the classroom, he writes, we have to find innovative ways to change those environments.

The chief focus of this concise, persuasively argued book is the educational challenges faced by low-income children. Drawing on groundbreaking new research in neuroscience, psychology and education, Tough explains exactly why kids who grow up in poverty often struggle in school. And he shows what practical steps the adults in their lives (from parents and teachers to policy-makers and philanthropists) can take to improve their chances for a positive future.

### **ABOUT PAUL TOUGH**

Paul Tough's last book was *HOW CHILDREN SUCCEED: Grit, Curiosity, and the Hidden Power of Character*, which spent more than a year on the *New York Times* hardcover and paperback bestseller lists and was translated into 27 languages. He is also the author of *WHATEVER IT TAKES: Geoffrey Canada's Quest to Change Harlem and America*. He is a contributing writer to the *New York Times Magazine* and a regular contributor to the public-radio program *This American Life*. You can learn more about his work at [paultough.com](http://paultough.com) and follow him on Twitter @paultough.

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