

"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 *The Empty Chair: The Accidental Creative*

FAIL FAST, FAIL OFTEN



How Losing
Can Help
You **WIN**

Ryan Babineaux, Ph.D.,
and John Krumboltz, Ph.D.

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

Ryan Babineaux , John Krumboltz

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"**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.

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

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Juanita says

It was okay. I might have rated it higher if I hadn't read similar advice before. Basically recommends that you follow your interests instead of worrying about following your passions, not continuing down a path that you feel is wrong for you just because you already started down the road (ie you went to school for accounting but find the job soul sucking but feel the need to "use your degree", and how to make small steps towards large changes. Reminded me a bit of Cal Newport's advice in "so good they can't ignore you" and Elizabeth Gilbert's "big magic" (but this gives more concrete examples and exercises to try). Seems like it would be most useful for someone stuck in a career rut but there are examples of how to apply it to other areas of life.

Tom says

While I gave this book a two-star rating, it really should be more like a 2.5. It is not a bad book and I would not discourage someone from reading it. The authors make some good points and it fits in well with the self-help/improve yourself/motivational genre.

My issue with this book is that it could have been a lot shorter. The whole book could have been summed up in about ten pages. I listened to this book in my car and every time my wife joined me she kept asking why I was listening to the same part of the book again. Unfortunately, I wasn't. One drive we went on was about an hour long and she made the comment that at least she did not have to pay attention to the book, and still would not miss any content. My other issue is that I am not sure what the book wanted to be. It is written by two people with doctoral degrees, they make references to research that other people have done, but then give quotes, that while sounding good, are anecdotal at best. They would then reference a specific client that would help to prove their point.

Overall, I liked the title, it had some good points, and while it could have been shorter, it was not too long to make me not want to finish it.

Julie says

When other people pick out a book for me, I usually HATE the book with a passion. You see, I am too choosy about the books I read for my own good.

My mom, in all her motherly fretting, got me this book on a whim. She even APOLOGIZED, saying "The title makes it sound like I think less of you. I DON'T. You're struggling, though. So give this book a chance."

As you already figured out, I did give this book a chance.

BAM!

Instead of endlessly ruminating and deliberating (I'm an overthinker), I shot into action. HECK, I'M EVEN WRITING A REVIEW OF THIS BOOK ON GOODREADS. I've never written a review before here or anywhere else online!!!

This book doesn't sound officious, doesn't dwell on a topic for too long, doesn't pad with fluff, doesn't make me want to chuck it at a wall like some self-help books do.

So what does the book DO?

IT MAKES YOU STOP OVERTHINKING. Take it from me. I am a pro at twisting threads of thoughts into a gnarly web that stops me from doing pretty much **ANYTHING**.

And this book gives you a **KICK IN THE BUTT**. The nice thing is it doesn't hurt as much as someone actually kicking you! And you don't feel ashamed like you do when someone tells you off!

So here's another gentle kick in the butt to **YOU**. If you're reading this review, you probably need to go ahead and decide on a book to read. **OK. I'M KICKING YOU IN THE BUTT NOW.** If I did this review, you can decide now if you want this book or some other good-for-you book. **NOW GO PICK OUT YOUR BOOK AND READ IT.**

Jeremy says

Good tips. I wish it was more focused on failing well and mindfully and less on "push through" and , " do it anyway".

I mean I guess those apply to failing well. But they are kind of clichéd in my book.

Amy Haydu says

For me this book wasn't about failing - it's about failing to take action. Don't hesitate to take a chance. Get out of your comfort zone. Be open to your environment.

As a fellow introvert, I appreciate the authors' perspective. I hope there will be additional collaborations between Ryan Babineaux and John Krumboltz.

I need to apply the advice to my own business. I think my business is a terrific opportunity for anyone willing to work, and it's affordable for all. So I'm taking a chance, and it may be a fail, but I'm hoping someone will take a look at this opportunity and contact me: aghaydu.myignite.com

Saikat Basu says

Most of the advice is familiar to anyone interested in self-help literature. A simple premise that needs to be drilled into us. Take action and don't fear failure. But, this book goes a step further and show that there is a "right" way to fail. Right out of the gate it makes you reevaluate your mindset when it comes to starting anything and procrastination.

I found most of the value in the last 1/3rd of the book. So, scan through the book wherever you can. It is a light read and doesn't overwhelm you with too much of psycho-babble.

Navarra says

Started out really good, but quickly re-hashed much of what I've read in other books. There were a couple of interesting points and activities I hadn't seen before, but not much was new or original or something that I don't already do/have done.

David says

Good advices, but very general. Good for young adults. Lately, I am deeply involved in building innovation capability for a conglomerate and one major cultural challenge is to accept failure as a good thing. Picked this book up to see if any interesting insights. This book is focus on life and career advice. I did find redefining failure to be very good perspective.

Failure is

product testing
realizing more to be learned
finding mistake fast
prototype

Holli says

Self-help isn't my usual jam and I listened to this on audiobook which made it harder to implement suggestions or ideas. Overall the message was helpful for me and gave me some things I can work on for the new year. The idea of not being obsessed with perfectionism was really important for me and the need to fail in order to grow very helpful. The book seemed a bit thin on studies and evidence but despite that I liked the message.

Kanishka Raja says

Self-helpy (but that's the entire point of the book I guess) but has a pithy, direct style. Helps you re-think about a lot of the status quo in your life.

Fee says

Feeling insecure? This book gives a different meaning to failing and quitting. I should have read this book years ago, perhaps I could have prevented hardship.

The message, in short, is: just do it. And there are many books with the same message but this one resonated with me. I will read it again, just to remind myself to keep failing.

Nick says

Enjoyed this book. New way of looking at project, entrepreneurship, and more. "Just get started and don't worry about perfection or failure." Are you hesitating to start something? Read this book!

Jazzmin Hunter says

The intro was motivating. However, the rest of the book had nothing to do with failing. For example, there is advice to try something new and then a story about a guy who tried a pottery class in high school and that led him into success for the rest of his career. So he tried something new once when he was a kid, and after that he didn't try new things and he never failed.

Dani says

Enjoyed the studies mentioned in the book, however I had read or heard about many of them before. Thought advise was general and not really about failure. Better books out there.

Dialekti says

This book isn't trying to sell you a life changing secret or any other mystical success recipe: it's practical, to the point and concise. I really liked it and I really feel like it could help most people.

It gives concrete suggestions, coupled with facts and reputable research results and that's the way I like my self-help books.
