Are you a formerly “gifted” kid, struggling to find success as an adult? Organizational psychologist Adam Grant may have a solution for you.

Put simply: Instead of giving up when things don’t come naturally to you, start thinking like a “late bloomer.”

“Natural talent is overrated,” Grant, a bestselling author and psychology professor at the University of Pennsylvania’s Wharton School, recently told CNBC’s “Squawk Box.” “Most child prodigies do not grow up to become adult geniuses. And I think that leaves us to really underestimate the slow learners, the late bloomers.”