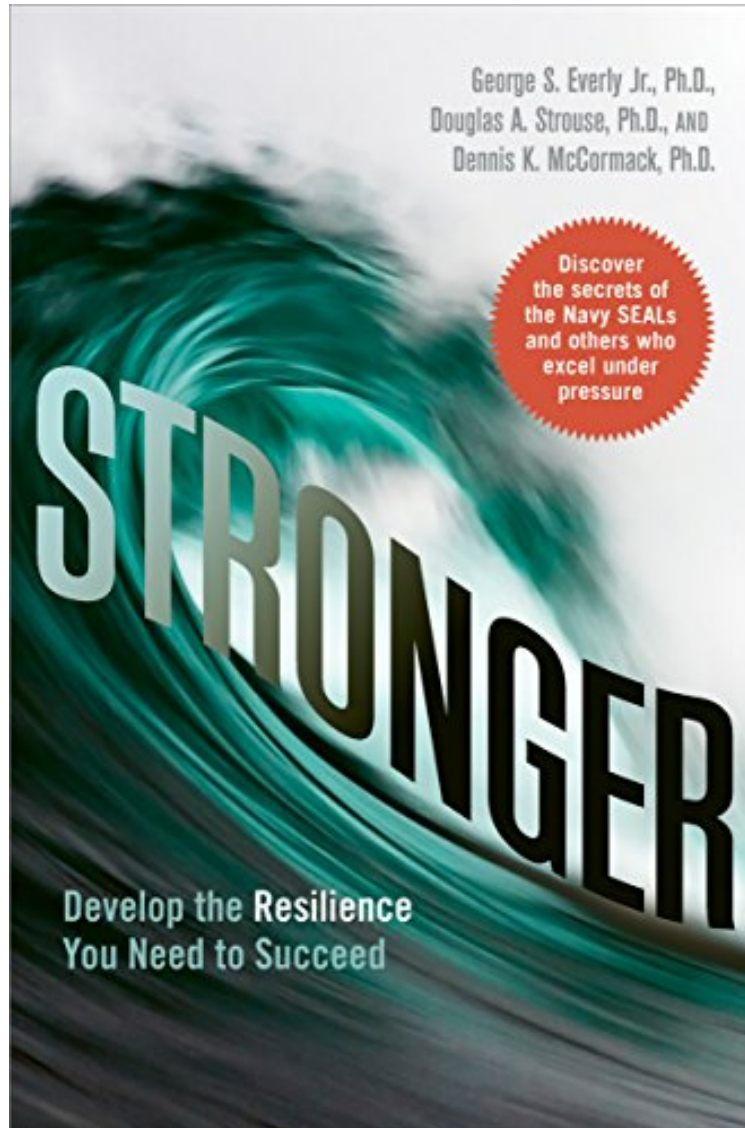


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Stronger: Develop the Resilience You Need to Succeed

George S. Everly Jr., Douglas A. Strouse, Dennis K. McCormack
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0 of 0 people found the following review helpful. This is an excellent book that deals with life and what it takes ...By Richard Nickelson This is an excellent book that deals with life and what it takes to pull oneself out of adversity and be successful. There are many stories of individuals, we all know, and what they overcame to be the successful person that they are. The book is built around optimism and how the optimist successfully navigates and overcomes hardships

that many just give in to. I think this book is especially important for the younger individual who questions what life has in store for them. 0 of 0 people found the following review helpful. I absolutely loved reading this book By Jaclyn Gerard I absolutely loved reading this book. At first it was just a school assignment, but became so much more. This book relates to my life in so many ways. I very much recommend it! 0 of 0 people found the following review helpful. Five Stars By W. Arroyo Great read. I have read the books several times.

Professional athletes, surgeons, first responders—all perform remarkable feats in the face of intense stress. Why do they thrive under pressure, while others succumb? What separates the two is attitude. Resilient people meet adversity head-on and bounce back from setbacks. They seem to naturally exude an inner strength—but studies show that resilience is something that anyone can build. Analyzing the heroic exploits of U.S. Navy SEALs and others who succeed against all odds, Stronger identifies five factors that combine to unlock deep reserves of personal power: Active optimism—believe that you can change things for the better Decisive action—you can't succeed if you don't take the leap Moral compass—face any challenge with clear guiding principles Relentless tenacity—try, try again Interpersonal support—gain strength from those around you Drawing on the unique perspective of a standout team of authors (a stress management expert, a skilled entrepreneur, and a Navy SEAL), Stronger explores the science behind resilience and explains how you can develop this vital trait for yourself. Whatever your profession, today's demanding world calls for a special kind of strength. This revealing book holds the key.

"hellip;a very valuable tool for dealing with our fast-paced world." --Retailing Insight "getAbstract recommends the authors' inspirational message to those who want to reduce their stress and build their satisfaction with life by increasing their resilience." --getAbstract "Stronger is full of insightful lessons and a handful of homework and self-assessments that will help you to unleash your inner resilience to succeed in life." --Rewire Me "These experts on the subject of human behavior and resilience outline five key factors of personal resilience hellip; every aspiring entrepreneur should understand and develop before initiating a startup." --Forbes "hellip; powerful book that will help you not only understand resilience but learn how to build it for yourself." --Skip Prichard, Leadership Insights "Stronger is an excellent book for anyone looking for advice on how to strengthen their character to meet the demands of a busy lifestyle." --Examiner.com "Those embarking on a journey that involves entrepreneurship will find a lifeline to help keep them afloat. It's an energizing book." --January Magazine "I highly recommend this book as the information and lessons contained within will benefit readers in their pursuit of any endeavor, financial or otherwise." --Retirement Savvy "hellip; great read. The authors give you homework, including self-assessments and how-to prescriptions which enable you to think about what you just read and apply it to your own situation." --Web.com "...captures the factors behind the resilience of Navy SEALs (and other survivors) to help readers develop and thrive with superhuman resilience when the average self-help book just won't do." --Small Business Trends "If you want to build the psychological body armor to achieve personal resilience, then the new book, Stronger, is a must-read for you." --Eric Jacobson on Leadership "hellip; for anyone who wants to try to develop the skills and tools to navigate the new employment world with a renewed sense of self-determination and hope." --Book Pleasures "Whatever your profession, today's demanding world calls for a special kind of strength. This revealing book holds the key." --BookSpin "hellip; includes countless real-life examples of this kind of behavior in action, so that you, too, can become the kind of person who makes the rest of us look bad." --Accounting Today From the Inside Flap First responders, emergency medical personnel, star athletes—all perform remarkable feats in the face of intense stress. But how often have you heard of athletes, businesspeople, students, or performing artists who had remarkable talent and enormous potential, but never achieved the success for which they seemed destined? Why do some people rise above adversity and excel under pressure, and others doubt themselves and panic—or choke? What separates them is attitude. Resilient people meet adversity head-on and bounce back from setbacks. They seem to exude a natural inner strength. But studies show that they're rarely born with this outlook; rather, it develops over time. In fact, as this book will show, you can develop the attitudes that shield you from stress and help you overcome obstacles. Drawing on decades of research, scientific analysis, interviews with nearly 1,000 highly resilient people working in unusually stressful professions, and the unique perspectives of a standout team of authors—a stress-management expert, a skilled entrepreneur, and a Navy SEAL—Stronger analyzes the heroic exploits of the Navy SEALs and others who succeed against all odds, pinpoints the traits that define the most resilient people on earth, and reveals how you can develop this vital competitive advantage at any age. Complete with self-assessments, engaging and empowering stories, and Rx prescriptions, this wise and practical book will teach you how to practice the essential skills that will build your resilience. With its guidance, you'll be able to: **Make better decisions under pressure** **Achieve peak performance** **Discover hidden opportunities** **Boost your energy, both physically and psychologically** **Recover quickly from setbacks** Change any situation for the better—and live a more satisfying and happy life. Why let problems keep you from moving forward? With Stronger you'll develop the life-changing ability to not just withstand adversity and extreme pressure, but to succeed under even the most

challenging conditions. Competing in today's world calls for deep reserves of strength—in sports, academic placements, auditions, promotions, or entrepreneurial success. Let *Stronger* give you the competitive edge you need to withstand the pressure and achieve your best! George S. Everly Jr., Ph.D., ABPP, FAPM, is one of the founding fathers of modern stress management and a pioneer in the field of human resilience. Dr. Everly is Associate Professor of Psychiatry and Behavioral Sciences at Johns Hopkins University School of Medicine and Professor of Psychology at Loyola University Maryland. He has consulted with FEMA, ATF, US Federal Air Marshals, and the FBI National Academy. Douglas A. Strouse, Ph.D., is the Managing Partner of Wexley Consulting HRD, LLC, an international management consulting firm, and the founder and President of the Chief Executive Officers Club (CEO Club) of Baltimore. He received his doctorate in organizational management and organizational psychology, and is a recognized expert on business resilience. Dennis K. McCormack, Ph.D., is one of the original Navy SEALs. He pioneered SEAL combat doctrine and tactics in Vietnam and holds doctoral degrees in leadership and human behavior as well as professional psychology. From the Back Cover ADVANCE PRAISE FOR *STRONGER* "Stronger gives us hope! It shows us in plain and simple language how to become more resilient people and resilient leaders. This book is a MUST-read for anyone who aspires to greatness."—Jon Luther, Retired Chairman/CEO—Dunkin' Brands; Chairman of Arby's Restaurant Group; Chairman of The Culinary Institute of America "There is no better team of authors to guide us through an in-depth understanding of resilience. *Stronger* is a must-read book. It will enable us to develop the individual resilience to achieve personal success—in any field."—Captain David Del Giudice USN (Ret.), 2010 inductee into the Commando Hall of Honor "Stronger is a must-read: a compelling roadmap to success. . . . Keep it handy and refer to it frequently. It will take you to new levels of achievement—even beyond your expectations."—Jonathan Schochor, Senior Managing Partner, Schochor, Federico and Staton, P.A. "I always have a note pad next to me when I read. After reading *Stronger*, I saw that I had written down words like real people/real stories, wisdom, usable, personal responsibility, and respect. The word I had underlined was hope. This book is well worth taking the time to read."—Rear Admiral Brian W. Flynn, Ed.D., Assistant Surgeon General (USPHS, Ret.) "This terrific book is about resilience, and how one can forge ahead despite the mammoth challenges that confront the achievement of lofty goals. *Stronger* is a pathway for making a difference—both in your life and in the world. I recommend it without qualification."—S.J. Tagliareni, author of *Hitler's Priest and The Cross or the Swastika* "With extensive research illustrated by interviews with truly remarkable people, this book clearly explains how to implement the five core factors of personal resilience. *Stronger* will help you deal with life's challenges. Don't keep it on the shelf, but close at hand, with key sections bookmarked to be referred to daily."—Robert J. Collins, Ph.D., President, GERSTEL, Inc., a subsidiary of GERSTEL GmbH Co. KG