



Resilience: Hard-Won Wisdom for Living a Better Life

Eric Greitens

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You cannot bounce back from hardship. You can only move through it. There is a path through pain to wisdom, through suffering to strength, and through fear to courage if we have the virtue of resilience.

In 2012, Eric Greitens unexpectedly heard from a former SEAL comrade, a brother-in-arms he hadn't seen in a decade. Zach Walker had been one of the toughest of the tough. But ever since he returned home from war to his young family in a small logging town, he'd been struggling. Without a sense of purpose, plagued by PTSD, and masking his pain with heavy drinking, he needed help. Zach and Eric started writing and talking nearly every day, as Eric set down his thoughts on what it takes to build resilience in our lives.

Eric's letters drawing on both his own experience and wisdom from ancient and modern thinkers are now gathered and edited into this timeless guidebook. Resilience explains how we can build purpose, confront pain, practice compassion, develop a vocation, find a mentor, create happiness, and much more. Eric's lessons are deep yet practical, and his advice leads to clear solutions.

We all face pain, difficulty, and doubt. But we also have the tools to take control of our lives. Resilience is an inspiring meditation for the warrior in each of us.

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Resilience: Hard-Won Wisdom for Living a Better Life can be one of your beginning books that are good idea. We recommend that straight away because this publication has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort that will put every word into joy arrangement in writing Resilience: Hard-Won Wisdom for Living a Better Life however doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information could drawn you into brand new stage of crucial considering.

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This Resilience: Hard-Won Wisdom for Living a Better Life is new way for you who has curiosity to look for some information mainly because it relief your hunger details. Getting deeper you into it getting knowledge more you know or perhaps you who still having bit of digest in reading this Resilience: Hard-Won Wisdom for Living a Better Life can be the light food for you personally because the information inside this particular book is easy to get by simply anyone. These books build itself in the form which can be reachable by anyone, sure I mean in the e-book application form. People who think that in e-book form make them feel tired even dizzy this publication is the answer. So there is no in reading a e-book especially this one. You can find actually looking for. It should be here for a person. So , don't miss the idea! Just read this e-book type for your better life in addition to knowledge.

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