



# **Stronger: Develop the Resilience You Need to Succeed**

*George S. Everly Jr. , Douglas A. Strouse , Dennis K. McCormack*

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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.

## Stronger: Develop the Resilience You Need to Succeed Details

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Author : George S. Everly Jr. , Douglas A. Strouse , Dennis K. McCormack

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# **From Reader Review Stronger: Develop the Resilience You Need to Succeed for online ebook**

**Alberto Garcia says**

Great book with some interesting information.

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**Yannis says**

8/10. It doesn't teach you anything new around Resilience, but includes practical advice on how to be resilience-conscious. Recommended. An easy read, under 200 pages, big letters, too!

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**Eric says**

I really enjoyed this book on resilience. As an individual preparing for an aortic valve replacement/open heart surgery, I found this text's primary concepts useful in planning and preparing for the duration and immediate aftermath of this procedure. As a parent, it helped provide me with ideas on how to help my children be more resilient. Overall - a terrific book and one that I would recommend.

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**Juergen John Roscher says**

I received a copy of this book through the GoodReads First Reads program.

I like the general premise of the book that an individual can take actions to develop the trait of being persistent which leads to greater success. The five recommendations (Active optimism, Decisive action, Moral compass, Relentless tenacity, and Interpersonal support) are not earth shattering revelations but are solid steps in improving personal development.

The one thing I found a little strange was some of the examples of individuals that were used by the authors to highlight the recommendation. The most grievous being a fictional golfer (can't remember his name) from the movie 'Tin Cup' to highlight Relentless tenacity. First using a fictional character seems unusual for a self-help type book but highlighting a fictional character that stupidly threw away a chance at a top finish at a major championship event was horrid. This situation could have been an example of Relentless tenacity run wild so it harms an individual.

Overall I think it is worth a read and there are several good ideas that can be used to better one's life.

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**Soundview Executive Book Summaries says**

*Stronger: Develop the Resilience You Need to Succeed* by George Everly, Douglas Strouse, and Dennis

McCormack was chosen by Soundview Executive Book Summaries as one of the Top Business Books of 2015.

#### THE SOUNDVIEW OVERVIEW:

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. *Stronger* holds the key.

Soundview's in-depth, 8-page Executive Summary of *Stronger* is available [here](#).

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#### **Val Tegli** says

Practical information about how to be more resilient.

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#### **Rohan Pinto** says

Simply Superb. "Anything worth having is worth failing for". Well written

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