



Resilience: Hard-Won Wisdom for Living a Better Life

By Eric Greitens Navy SEAL

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Resilience: Hard-Won Wisdom for Living a Better Life By Eric Greitens Navy SEAL

Best-selling author, Navy SEAL, and humanitarian Eric Greitens offer a masterpiece of warrior wisdom that will change your life.

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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Editorial Review

Review

"In *Resilience*, Eric Greitens provides a brilliant and brave course of action to help navigate life's roughest waters. Resilience is filled with solutions, passion and compassion. Every veteran of every war should read this invaluable book. So should their families. So should every American." —Admiral Mike Mullen, 17th Chairman of the Joint Chiefs of Staff

"I love this book. It is tough, smart and compassionate. I know no one else who could have written a book like this. Eric Greitens has the real-life experience, the courage and the heart to give all of us the kind of advice that can be life changing. I will read, re-read, and send it to everyone I know. You should too!" —Martha Raddatz, ABC News Chief Global Affairs Correspondent

"What I have loved and admired most about Eric Greitens is that he sees the potential in all of us, and compels us to reach it. In *Resilience*, Greitens draws upon wisdom that is both ancient and powerfully relevant. Read it to win your own battles, and see why Eric Greitens is one of the great Americans of our time. " —J.J. Abrams, Producer/Director/Writer

"The consistent thread throughout Eric Greitens' life is a moral and practical commitment to the advancement of humankind. His initiative continues to inspire others to act. And in *Resilience*, he has generously shared what he has learned with all of us." —David Gergen Senior CNN Political Analyst and Co-Director of the Center for Public Leadership at the Harvard Kennedy School

"This book is a gift not only to Greitens's comrades-in-arms, but to readers everywhere." — *Publishers Weekly*, starred review

"Greitens gives readers a solid core of ideas on ways to overcome adversity . . . Robust, heart-to-heart lessons for moving beyond obstacles to create a better life." —*Kirkus Reviews*

"Moving and candid . . . What distinguishes this most unusual book is the extent to which it draws on what it's not too much to call the wisdom of the ages... Eric Greitens successfully reminds us of a larger lesson. As the texts to which he refers so seamlessly recede from academic curricula and become almost esoteric for too many Americans, Greitens makes clear their profound, ongoing relevance—not just to understanding our culture but in helping us to make sense of our lives. In incorporating them in his letters to his one-time SEAL training buddy, Greitens underscores how the impractical is actually practical—and how we turn away, at our own risk, from wisdom." —Forbes.com

From the Inside Flap

We do not bounce back from injury or pain. We have to move through it. Our culture is obsessed with happiness where to find it, how to achieve it but happiness should not be a goal but a byproduct of our actions. Resilience is what makes us strong, keeps us going, and improves our character along the way. Best-

selling author, Navy SEAL, and humanitarian Eric Greitens offers a masterpiece of warrior wisdom that will change your life. 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."

From the Back Cover

I love this book. It is tough, smart, and compassionate. I know no one else who could have written a book like this. Eric Greitens has the real-life experience, the courage, and the heart to give all of us the kind of advice that can be life-changing. I will read, reread, and send it to everyone I know. You should too! Martha Raddatz, chief global affairs correspondent, ABC News What I have loved and admired most about Eric Greitens is that he sees the potential in all of us and compels us to reach it. In "Resilience," Greitens draws upon wisdom that is both ancient and powerfully relevant. Read it to win your own battles, and see why Eric Greitens is one of the great Americans of our time. J. J. Abrams, producer/director/writer "

Users Review

From reader reviews:

Melissa Conner:

The particular book Resilience: Hard-Won Wisdom for Living a Better Life has a lot details on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. The writer makes some research ahead of write this book. This specific book very easy to read you may get the point easily after reading this book.

Maria Saad:

Resilience: Hard-Won Wisdom for Living a Better Life can be one of your beginner books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into delight arrangement in writing Resilience: Hard-Won Wisdom for Living a Better Life nevertheless doesn't forget the main position, giving the reader the hottest and also based confirm resource information that maybe you can be one of it. This great information could drawn you into new stage of crucial considering.

Andrew Howe:

Is it a person who having spare time subsequently spend it whole day by watching television programs or just lying on the bed? Do you need something new? This Resilience: Hard-Won Wisdom for Living a Better

Life can be the response, oh how comes? The new book you know. You are so out of date, spending your spare time by reading in this completely new era is common not a geek activity. So what these textbooks have than the others?

Donna Salerno:

A lot of publication has printed but it differs from the others. You can get it by world wide web on social media. You can choose the most effective book for you, science, comedy, novel, or whatever simply by searching from it. It is referred to as of book Resilience: Hard-Won Wisdom for Living a Better Life. You'll be able to your knowledge by it. Without leaving behind the printed book, it could possibly add your knowledge and make anyone happier to read. It is most crucial that, you must aware about e-book. It can bring you from one destination for a other place.

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