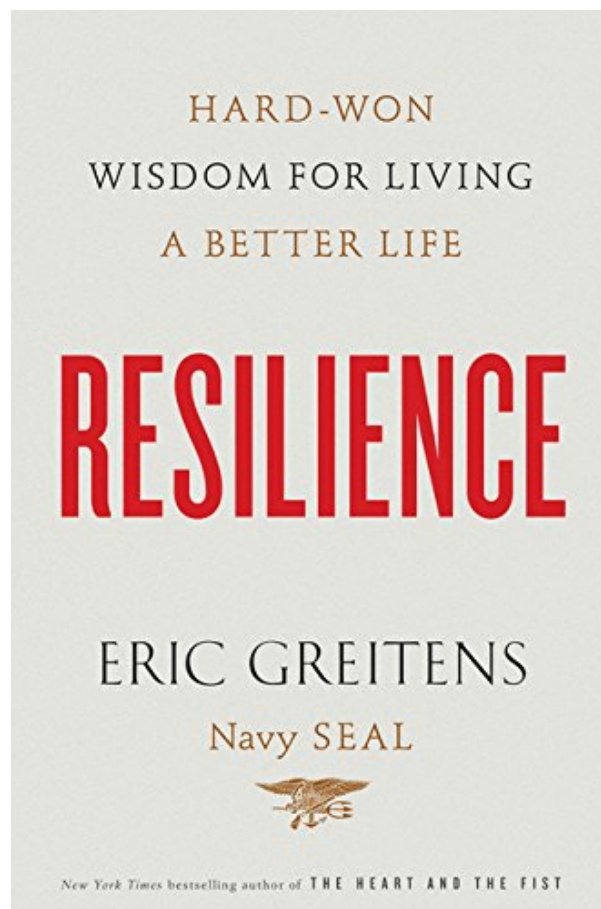


**RESILIENCE: HARD-WON WISDOM FOR
LIVING A BETTER LIFE BY ERIC GREITENS
NAVY SEAL**



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A BETTER LIFE

RESILIENCE

ERIC GREITENS

Navy SEAL



New York Times bestselling author of **THE HEART AND THE FIST**

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As understood, book *Resilience: Hard-Won Wisdom For Living A Better Life By Eric Greitens Navy SEAL* is popular as the window to open the world, the life, as well as brand-new thing. This is just what individuals currently require a lot. Also there are many people that don't like reading; it can be a selection as reference. When you truly require the means to create the next motivations, book Resilience: Hard-Won Wisdom For Living A Better Life By Eric Greitens Navy SEAL will truly guide you to the means. Furthermore this Resilience: Hard-Won Wisdom For Living A Better Life By Eric Greitens Navy SEAL, you will have no regret to get it.

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A masterpiece of warrior wisdom that shows how to overcome obstacles with positive action. The best-selling author, Navy SEAL, and humanitarian Eric Greitens offers a self-help book unlike any other.

Two years ago, 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, and 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 a timeless handbook. They explain how we can build purpose, confront the pain in our lives, practice compassion, develop our vocations, find a mentor, create happiness, follow a role model, think about the story of our lives, and much more.

Resilience grapples with real hardship. The lessons are deep, yet practical, and the advice leads to clear solutions. This is a profoundly hopeful book: We all face pain, difficulty, and doubt. But with resilience, we can lead vital, flourishing lives.

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- Number of items: 1
- Dimensions: 9.00" h x 1.08" w x 6.00" l, 1.10 pounds
- Binding: Hardcover
- 320 pages

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Most helpful customer reviews

72 of 72 people found the following review helpful.

Resilience is a powerful gift for each of us

By D. Rogers

Eric Greitens certainly understands what it means to face challenges. In *Resilience*, he shares details of the frontlines that he has faced as a man, a humanitarian, a Navy SEAL, and as a leader. Yet, the true gift in this book is the humility with which it is written. We all have frontlines, he explains. Eric expertly navigates each of us through our own frontlines, whether it is found in a difficult job, a strained relationship, a search for meaning in life, or the frontlines of war.

My own frontline was in the mountains of Afghanistan just a few short months ago. During the challenging deployment, I faced continual threats. These experiences began to take a very heavy toll on me. After many months of facing these challenges and with no end in sight, I allowed myself to lose hope that I would ever make it home. However, it was during this difficult time in my life that I called upon the lessons that I had previously pulled from another of Greitens' books, *The Heart and the Fist*. In that book, he explained the great potential for our perspective to help us to overcome hardships. During those long, seemingly endless nights in Afghanistan, I kept those lessons very close to me to find a reservoir of strength within me that I had never knew existed.

I'm proud to have now returned home safely from the deployment and finding this book at this time in my life is a true gift. Although my frontlines are now different, I continue to face new challenges. There are other returning veterans just like me, facing similar challenges in their reintegration to civilian life. Zach Walker is one of those veterans. In Greitens' letters to Walker throughout this book, I have found the book's true value. Instead of merely reading correspondence between two friends, this book feels as though it is written to me: encouraging me, inspiring me and challenging me to strengthen my inner resilience to overcome hardships on my new frontlines. In that way, this book is written to each of us.

It doesn't matter the source of your challenges in life, this book is an outstanding gift for each of us at facing challenges, overcoming hardships, and finding our own inner resilience.

109 of 115 people found the following review helpful.

SOME DEEP THOUGHTS

By Chris Jaronsky

I really enjoyed one of Eric Greiten's other books, "The heart and the fist" so I was looking forward to this book. This book takes a different turn, he is helping a friend through letters. This book covers his replies to those letters as he tries to help his friend out. I was not too crazy about that format, but he really does get the topics across well. The book is very well written and it goes pretty deep. There were more than a few times while reading this book where I had to put it down and think about it for a while. Some of the writing hit

pretty close to home and directly relating to my life, and the lives of some of my friends. To paraphrase the book's description this really is a hopeful book letting us know that we all have problems, but we can all overcome those problems. Being resilient we can work on those problems and bounce back.

After reading two of his books I really get the feeling that this world is a better place with Eric Greiten in it. He really comes across as a person trying to make things better.

59 of 65 people found the following review helpful.

Don't ask me to choose a favorite part - I really liked it all

By Phil 413

"Resilience" is about two Navy SEALs who are writing letters back and forth; Eric is trying to help his struggling friend, Drew.

What I most liked about Resilience is how the topics discussed - from defining resilience, happiness, identity, your responsibilities and philosophy to the need for a role model and practicing (following your models, breaking your habits and pursuing who you want to be) - are personal and specific to the SEALs, yet easy to apply to whatever challenge you're facing as a reader. The tone of the book is perfect and I loved it: It's strong and firm, yet compassionate, understanding, and hopeful (no excuses or giving up allowed, but also no condescension or judgment). Best of all, there is no "one-size fits all" strategy. The author repeatedly reminds his friend Drew, and the reader, that each person must find his or her own plan and follow it - what we're reading are suggestions and wisdoms, stories of overcoming from people who have gone through tough times, ideas that have worked for others - but ultimately, what will work for you only you can decide.

I also very much enjoyed how Eric used examples from history (Isaac Newton, several different authors, warriors, philosophers) to illustrate various concepts. The author made his many ideas - on life and how to live it in the wisest and best way a person can - interesting, thoughtful, engaging and memorable. As I was reading, I kept thinking of people I wanted to share parts of the book with. I'd read a thought, idea or quote and think, "I need to write this down!" But then I'd read the next thought or example and I liked so much of the book I couldn't write down all the parts I enjoyed - I'll just have to give a copy of the book to my friends and family who need it the most.

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