



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 "

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