



# Stronger: Develop the Resilience You Need to Succeed

*Dr. George S. Everly Jr., Dr. Douglas A. Strouse, Dr. 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.

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