

Stronger: Develop the Resilience You Need to Succeed

By George S Everly, Dr Douglas A Strouse, Dr Dennis K McCormack


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Professional athletes, surgeons, and first responders 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 US 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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First responders, emergency medical personnel, star athletes—all perform remarkable feats in the face of intense stress. But how often have you heard of athletes, businesspeople, students, or performing artists who had remarkable talent and enormous potential, but never achieved the success for which they seemed destined?

Why do some people rise above adversity and excel under pressure, and others doubt themselves and panic—or choke? What separates them is attitude. Resilient people meet adversity head-on and bounce back from setbacks. They seem to exude a natural inner strength. But studies show that they're rarely born with this outlook; rather, it develops over time. In fact, as this book will show, you can develop the attitudes that shield you from stress and help you overcome obstacles.

Drawing on decades of research, scientific analysis, interviews with nearly 1,000 highly resilient people working in unusually stressful professions, and the unique perspectives of a standout team of authors—a stress-management expert, a skilled entrepreneur, and a Navy SEAL—*Stronger* analyzes the heroic exploits of the Navy SEALs and others who succeed against all odds, pinpoints the traits that define the most resilient people on earth, and reveals how you can develop this vital competitive advantage at any age.

Complete with self-assessments, engaging and empowering stories, and Rx prescriptions, this wise and practical book will teach you how to practice the essential skills that will build your resilience. With its guidance, you'll be able to:

- Make better decisions under pressure
- Achieve peak performance
- Discover hidden opportunities
- Boost your energy, both physically and psychologically
- Recover quickly from setbacks

Change any situation for the better—and live a more satisfying and happy life. Why let problems keep you from moving forward? With *Stronger* you'll develop the life-changing ability to not just withstand adversity and extreme pressure, but to succeed under even the most challenging conditions.

Competing in today's world calls for deep reserves of strength—in sports, academic placements, auditions, promotions, or entrepreneurial success. Let *Stronger* give you the competitive edge you need to withstand the pressure and achieve your best!

George S. Everly Jr., Ph.D., ABBP, FAPM, is one of the founding fathers of modern stress management and a pioneer in the field of human resilience. Dr. Everly is Associate Professor of Psychiatry and Behavioral Sciences at Johns Hopkins University School of Medicine and Professor of Psychology at Loyola University Maryland. He has consulted with FEMA, ATF, US Federal Air Marshals, and the FBI National Academy.

Douglas A. Strouse, Ph.D., is the Managing Partner of Wexley Consulting HRD, LLC, an international

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Dennis K. McCormack, Ph.D., is one of the original Navy SEALs. He pioneered SEAL combat doctrine and tactics in Vietnam and holds doctoral degrees in leadership and human behavior as well as professional psychology.

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