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Originals

*Option B*Facing Adversity, Building Resilience, and Finding JoyKnopf

*Option B* by Sheryl Sandberg | Book Summary | Readtrepreneur (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link http://amzn.to/2gAlEgP) Is everything not going as smooth as you thought? If you're feeling sad, lost and depressed, out of the ashes you will rise. Option B is a book of resilience. Resilience that enables people who went through periods of dark times like sexual assaults, death of loved ones and the violence of war to rediscover joy. We may not always get our Option A, and this book will teach us how we can make the best of our Option B. (Note: This summary is wholly written and published by readtrepreneur.com. It is not affiliated with the original author in any way) "We cannot change what we are not aware of, and once we are aware, we cannot help but change" - Sheryl Sandberg The best books are almost always born in the darkest times of the writers. Sheryl Sandberg felt voided and thought that 'joy' was impossible for her children and herself after her husband's sudden death. Everything was dark until she met her friend Adam Grant who was a psychologist. You may have not felt the pain of losing someone you really love yet. However, the lessons of Option B can be applied to our day-to-day struggles and obstacles. P.S. Aiming for perfection causes frustration at best and paralysis at worst. Stop procrastinating! This book might potentially change the way you live your life and the way you look at the things around you. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get A Copy Delivered to Your Doorstep Right Away! Why Choose Us, Readtrepreneur? Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: http://amzn.to/2gAlEgP

The #1 New York Times bestseller that examines how people can champion new ideas in their careers and everyday life—and how leaders can fight groupthink, from the author of Think Again and co-author of Option B “Filled with fresh insights on a broad array of topics that are important to our personal and professional lives.”—The New York Times DealBook “Originals is one of the most important and captivating books I have ever read, full of surprising and powerful ideas. It will not only change the way you see the world; it might just change the way you live your life. And it could very well inspire you to change your world.” —Sheryl Sandberg, COO of Facebook and author of Lean In With Give and Take, Adam Grant not only introduced a landmark new paradigm for success but also established himself as one of his generation’s most compelling and provocative thought leaders. In Originals he again addresses the challenge of improving the world, but now from the perspective of becoming original: choosing to champion novel ideas and values that go against the grain, battle conformity, and buck outdated traditions. How can we originate new ideas, policies, and practices without risking it all? Using surprising studies and stories spanning business, politics, sports, and entertainment, Grant explores how to recognize a good idea, speak up without getting silenced, build a coalition of allies, choose the right time to act, and manage fear and doubt; how parents and teachers can nurture originality in children; and how leaders can build cultures that welcome dissent. Learn from an entrepreneur who pitches his start-ups by highlighting the reasons not to invest, a woman at Apple who challenged Steve Jobs from three levels below, an analyst who overturned the rule of secrecy at the CIA, a billionaire financial wizard who fires employees for failing to criticize him, and a TV executive who didn’t even work in comedy but saved Seinfeld from the cutting-room floor. The payoff is a set of groundbreaking insights about rejecting conformity and improving the status quo.

NATIONAL BEST SELLER • A collection of quotes from the internationally acclaimed author of Wild—drawn from the wide range of her writings—that capture her wisdom, courage, and outspoken humor, presented in a gift-sized package that’s as irresistible to give as it is to receive. “Cheryl Strayed is a tough-love truth-teller.” —The Washington Post Around the world, thousands of people have found inspiration in the words of Cheryl Strayed, who in her three prior books and in her “Dear Sugar” columns has shared the twists and trials of her remarkable life. Her honesty, spirit, and ample supply of tough love have enabled many of us, even in the darkest hours, to somehow put one foot in front of the other—and be brave enough. This book gathers, each on a single page, more than 100 of Strayed’s indelible quotes and thoughts—“mini instruction manuals for the soul” that urge us toward the incredible capacity for love, compassion, forgiveness, and endurance that is within us all. • Be brave enough to break your own heart. • You can’t ride to the fair unless you get on the pony. • Keep walking. • Acceptance is a small, quiet room. • Romantic love is not a competitive sport. • Forward is the direction of real life. • Ask yourself: What is the best I can do? And then do that.

In 2015 Sheryl Sandberg’s husband, Dave Goldberg, died suddenly at the age of forty-eight. Sandberg and her two young children were devastated, and she was certain that their lives would never have real joy or meaning again. Just weeks later, Sandberg was talking with a friend about the first father-child activity without a father. They came up with a plan for someone to fill in. “But I want Dave,” she cried. Her friend put his arm around her and said, “Option A is not available. So let’s just kick the shit out of Option B.” Everyone experiences some form of Option B. We all deal with loss; jobs lost, loves lost, lives lost. The question is not whether these things will happen but how we face them when they do. Thoughtful, honest, revealing and warm. OPTION B weaves Sandberg’s experiences coping with adversity with new findings from Adam Grant and other social scientists. The book features stories of people who recovered from personal and professional hardship, including illness, injury, divorce, job loss, sexual assault and imprisonment. These people did more than recover—many of them became stronger. OPTION B offers compelling insights for dealing with hardships in our own lives and helping others in crisis. It turns out that post-traumatic growth is common—even after the most devastating experiences many people don’t just bounce back but actually bounce forward. And pre-traumatic growth is also possible: people can build resilience even if they have not experienced tragedy. Sandberg and Grant explore how we can raise strong children, create resilient communities and workplaces, and find meaning, love and joy in our lives. “Dave’s death changed me in very profound ways,” Sandberg writes. “I learned about the depths of sadness and the brutality of loss. But I also learned that when life sucks you under, you can kick against the bottom, break the surface and breathe again.”

The Science of Mastering Life’s Greatest Challenges

Psychology and Related Fields

Building a Life You Love After Losing the Love of Your Life

Facing Adversity, Building Resilience, and Finding Joy

The Year of Magical Thinking

Resilience

A Revolutionary Approach to Understanding and Healing the Impact of Loss

"This book aims to help you relearn your world . . . to help you navigate the grieving process as best you can—without hiding from your feelings or denying the reality, or significance, of your loss." —from Resilient Grieving The death of someone we hold dear may be inevitable; being paralyzed by our grief is not. A growing body of research has revealed our capacity for resilient grieving, our innate ability to respond to traumatic loss by finding ways to grow—by becoming more engaged with our lives, and discovering new, profound meaning. Author and resilience/well-being expert Lucy Hone, a pioneer in fusing positive psychology and bereavement research, was faced with her own inescapable sorrow when, in 2014, her 12-year-old daughter was killed in a car accident. By following the strategies of resilient grieving, she found a proactive way to move through her grief, and, over time, embrace life again. Resilient Grieving offers an empowering alternative to the five-stage Kübler-Ross model of grief—and makes clear our inherent capacity for growth following the trauma of a loss that changes everything.

Dodging adversity is often not a choice. Encountering a devastating event-the gut-wrenching kind that zaps away joy-is an inevitability of life. In their New York Times best-selling book Option B: Facing Adversity, Building Resilience, and Finding Joy, Facebook COO Sheryl Sandberg and Wharton psychologist Adam Grant share their insights on building resilience in the face of such setbacks. They offer practical steps you can take to reimagine and rebuild your life when your first choice-your Option A-is no longer on the table, and you're faced with the task of making the absolute best of Option B. This course highlights some of the powerful topics in this book, including how to talk to friends and colleagues who are hurting when you're not sure what to say, how to fight the idea that the hurt you're feeling is permanent, and how to give yourself permission to experience happiness again. For additional resouces and support, check out OptionB.Org, a nonprofit initiative dedicated to helping individuals build resilience in the face of adversity.

Is Your Yesterday Getting in the Way of Today and Tomorrow? Release your past to God once and for all with the help of respected Christian counselor H. Norman Wright, who has worked with grief-stricken individuals in the aftermath of 9/11, Hurricane Katrina, and mass shootings. Whether you've experienced a major ordeal or a series of disappointments, it's impossible to move forward when painful emotions remain unaddressed and broken relationships stay unresolved. Reclaim hope for the future by... sorting through memories identifying lingering hurts overcoming former traumas grieving previous losses claiming forever freedom in Christ Leave the past behind, experience fullness of life in the present, and look forward to the future. Healing awaits.

There is hardly a family in the post-industrial world that hasn't been affected in some way by addiction. Yet seeking treatment for a struggling loved one is, for most people, a frightening and overwhelming prospect. Ending Addiction for Good offers a powerful message of hope. Drawing on their own histories of addiction recovery, authors Taite and Scharff examine the unique and highly successful treatment protocol practiced at the Cliffside Malibu Addiction Treatment Center. Using clear and direct language, they look beyond the limits of conventional treatment to show how creating an individualized, evidence-based, and integrated approach that targets the whole person - mind, body, and spirit - not just the addiction, can provide a sure path to recovery. In doing so, they empower both the addict and the families of addicts to begin their recovery. Ending Addiction for Good may well be the most important book dealing with alcoholism and drug addiction to come along in years.

Love, Grief, and Healing in Hollywood and Beyond After prominent roles in Cleoless; Sabrina, the Teenage Witch; and Beverly Hills 90210; Elisa's career was on the fast track. Until her show is unexpectedly cancelled, her relationship ends, and her father is diagnosed with terminal cancer. This book chronicles Elisa's journey out of despair and heartbreak, with awe-inspiring visitations, dreams, and inexplicable synchronicities that could only be her father letting her know that he's watching over her from the afterlife. Sometimes the universe sends us on a journey that we didn't know we needed. By sharing the lessons and challenges that the universe sent to her, Elisa inspires those who are learning to let go after a loss so they can live again with authenticity, humor, and hope.

SUMMARY - Option B: Facing Adversity, Building Resilience, And Finding Joy By Sheryl Sandberg And Adam Grant

Ending Addiction for Good

Find the Healing That Helps You Move On

Helping Kids Build a Healthy Relationship with Technology

The Groundbreaking, Holistic, Evidence-Based Way to Transform Your Life

The Untold Story of Adversity and Resilience

In today's anxiety-ridden, stress-infused world, even a moment of quiet reflection has become a time-consuming luxury most of us just can't afford. How did we reach this point? How did we lose our direction and sense of control? And, most important, how can we reclaim our lives? Linda Kavelin Popov asked herself these same questions, after the pressures of her own workaholic lifestyle nearly destroyed her. Now, as cofounder of the International Virtues Project she helps others achieve a pace of grace—a pace for our lives that can balance and sustain us physically and spiritually. Through a four-part program that teaches you how to purify your life, pace yourself, practice the presence, and plan a sustainable life, A Pace of Grace offers simple ways to rediscover the essential elements of a life well lived. Complete with Linda's ten rules for health, this comprehensive guide is the first step in recapturing the joy and vibrancy inherent in each of us. Lelf and the Fall

Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg and Adam Grant

Anxiety: The Missing Stage of Grief

What Will It Take to Make A Woman President?

Facing Adversity, Building Resilience and Finding Joy

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