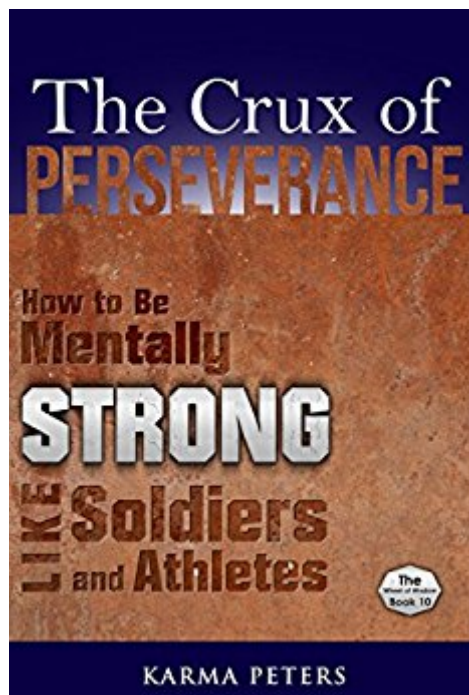


The book was found

The Crux Of Perseverance: How To Be Mentally Strong Like Soldiers And Athletes (The Wheel Of Wisdom Book 10)



Synopsis

NO MATTER WHAT YOU ARE GOING THROUGH, YOU SHOULD ALWAYS HANG ON! This book tells you why, pulling back the curtain on the crux of perseverance and explaining in detail everything from apathy and poise to determination and tenacity. For millennia, some people have always received accolades and drawn admiration for their determination, mental fortitude and ability to never, never, never give upâ |even if that meant, in some cases, losing their lives. We revisit in this book the key specific traits and neuronal practices that tenacious folks, including first-rate athletes and people in the military, use each and every day.>>> The book contains a helpful Discussion Guide. Through thought-provoking questions, the book gives extensive advice on how to use the discussion guide, how to inform decisions related to the topics at hand, and how to best read it â “ alone, in reading groups, with your partner, or as part of learning activities, among others.>>> In this book, you will discover many things, including: Distinguish everything from tenacity and determination to persistence, and understand what each trait entails; Stiffen your mind and confront the toughest situations you might encounter; and Instill courage and perseverance in others, especially in team work or when collective motivation is critical to overall success.>>> Who will benefit from this book? You!

Book Information

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Customer Reviews

I have read several of Karma Peters' books and was drawn to this one because I thought that it would reinforce some of the ideas that I felt I already had. I was right. A few years back, I had a boss tell me that I was "tenacious". I had to look it up to find out what he meant but I took that as a compliment for sure. The Crux of Perseverance discusses the traits of those with determination and tenacity and details who to be mentally strong. It also talks about how to instill these ideas in others as a leader which is a great skill to have. Very good read.

A good, simple self-help book giving tips, guidelines and principles that with attention and sustained application will help us improve our perseverance. I suspect it will be worth repeated readings, with different sections being more useful at one time than another, as is common with this kind of literature.

Sometimes life can be really tough. When it gets that way it is easy for my mind to slip into, "It would be a lot easier if I just didn't do this." This book has a lot of great information on how to increase your mental strength so thoughts like that don't have an environment to take seed. The mental attitude that you go into a project has a lot of impact on the outcome, if you go into something with a weak mind it makes the project all the more difficult. This book teaches you how to get your mind right resulting in a life that feels easier and more fulfilling, even in the toughest moments. Highly recommended for anyone interested in increasing their mental strength.

Do not waste your time with this book. It is by far the worst self-help book I have ever read. I had read quite a bit, and was waiting for something substantial to surface. I figured that if something worthwhile didn't show up soon, I would stop reading. Then the author quoted Noam Chomsky, and that was it. This book is so bad that I threw it away: no way would I burden anybody by giving it to them. Not happy at all that I wasted my time and money on this worthless book. I gave it one star because I didn't have to option to give it zero.

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