



Book Review

Author - Admiral William H. McRaven

Reviewer - Ganesh Iyer

Year of Publication-2017

Genre - Self-help

BRIEF SYNOPSIS

On May 17, 2014, Admiral William H. McRaven addressed the graduating class at the University of Texas at Austin on their Commencement Day. His original speech went viral with over 10 million views in no time.

He spoke about how ten essential lessons helped him overcome challenges during his naval career and throughout his life; he explained how anyone can use these basic lessons to change themselves and the world, for the better.



Scan the QR code to buy the book from Amazon.





WHY WOULD YOU RECOMMEND THIS BOOK?

In this book, the author talks about ten simple principles, and ten small changes we can make in our daily lives.

- These principles are essential in dealing with the challenges of life and are as simple as making our BEDS!!
- Written in a very easy-to-understand fashion, this book provides wisdom, advice and encouragement most simply and practically. This will surely inspire you not to give up in the darkest moments of your life
- Full of captivating personal anecdotes from inside the lives of Defense personnel ...the author's lessons, like his commencement speech, extend far beyond his bed-making. He has devoted this book to lessons about overcoming failure, standing up to bullies and giving others hope.
- In today's social media influence with the tremendous peer pressure and high expectations, this book is a ray of hope to those who think they can't ever cut.

HIGHLIGHTS

1. Remember to start each day with a task completed.
2. Find someone to help you through life.
3. Respect everyone.
4. Know that life is not fair and that you will fail often.
5. But if you take some risks
6. Step up when times are the toughest,
7. Face down the bullies,
8. Lift the downtrodden,
9. And ...Remember to NEVER, EVER...GIVE UP!!

