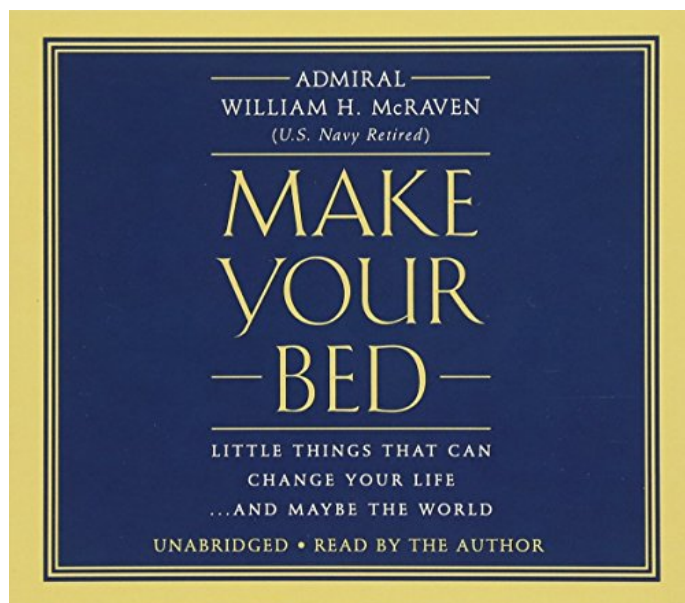


# [Free PDF File] Make Your Bed: Little Things That Can Change Your LifeAnd Maybe the World



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#1 NEW YORK TIMES BESTSELLER "Should be read by every leader in America...a book to inspire your children and grandchildren to become everything that they can." --Wall Street Journal "Powerful." --USA Today "Full of captivating personal anecdotes from inside the national security vault." --Washington Post "Superb, smart, and succinct." --Forbes BASED ON THE INCREDIBLE GRADUATION SPEECH WITH OVER 10 MILLION VIEWS ON YOUTUBE If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments.

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