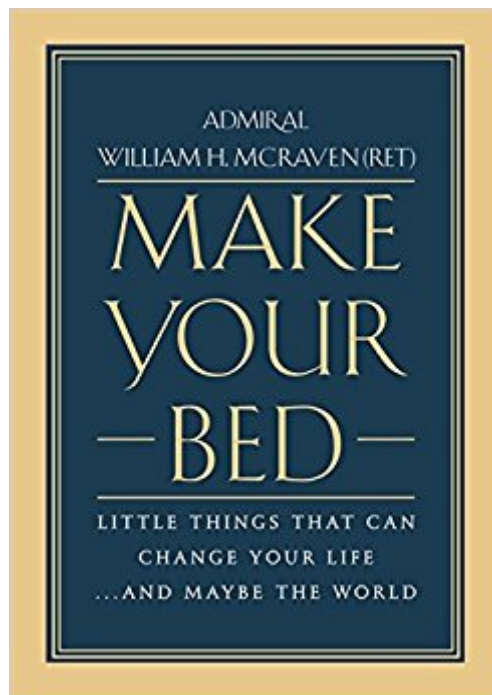




The book was found

Make Your Bed: Little Things That Can Change Your Life...And Maybe The World



Synopsis

#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.

Book Information

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Customer Reviews

"Should be read by every leader in America... [MAKE YOUR BED] is a book to inspire your children

and grandchildren to become everything that they can. It is a book to discuss with your executive leadership team as a spur to meeting shared goals. Most of all, it is a book that will leave you with tears in your eyes." — *Wall Street Journal* "Full of captivating personal anecdotes from inside the national security vault...McRaven's lessons, like his commencement speech, extend far beyond his bed-making. He devotes the 10-chapter book to lessons about moving beyond failure, standing up to bullies and giving others hope." — *Washington Post*

Admiral William H. McRaven (U.S. Navy Retired) served with great distinction in the Navy. In his thirty-seven years as a Navy SEAL, he commanded at every level. As a Four-Star Admiral, his final assignment was as Commander of all U.S. Special Operations Forces. He is now Chancellor of the University of Texas System.

There are many "self-help" books on the market that contain solid information. However, General McRaven's *Make Your Bed* comes across as refreshingly different from those books by well known self-help gurus like Dr. Phil or Tony Robbins mainly because the anecdotes he uses to illustrate his ten key points are gleaned from his experiences as a Navy SEAL. I read this little book in one sitting and plan to buy copies for my children. In a nutshell, McRaven says that life is tough, but meeting challenges with discipline, determination, a positive attitude and the support of others will most often lead an individual to a meaningful life that will inspire others.

Excellent. Gave it to my 11 year old grandson, he read it in 4 days and played back the message of never giving up when you encounter a tough situation and the importance of teamwork

Outstanding book! Easy, enjoyable read intertwined with important reminders about life. Adm. McRaven uses his time in Naval Special Warfare to background these life lessons, but, doesn't use his service as a SEAL as a self promotion tool.

I saw the author on Fox news, and was intrigued. I am certainly not SEAL tough, never was, but anyone can incorporate this into his life. If you are slightly better today than yesterday, and slightly better tomorrow than today, your life will be more meaningful and impactful. I will be purchasing additional copies as gifts.

This book is an excellent short read, full of great life lessons for anyone. Although the examples are

from a military life, it is not a military book. I will gladly recommend this book to all of my kids and fourteen grand kids !

I got this as a kindle book and starting reading it before hitting the sack. I read the entire book straight through, underlining my favorite passages, and it is so well written! Lots of simple but sage advice and this book will be on my annual re-read list. Great advice from a great hero!!

As a wife of a retired military officer, I have to congratulate the author for an inspiring message. Sadly, life is full of those who say it can't be done. So very many excuses! We all need sources of hope. Thanks for being one.

Adm McRaven not only is a remarkable leader he writes a good book taken from his speech to the graduating class at the University of Texas, before he became their Chancellor. His down to earth discussion of how to be successful starts with Chapter One - Make Your Bed. Do this immediately after you get up and you will have accomplished something before you even start your day. Most people will learn something in this book, but especially younger folks in school or preparing for their career. We bought it for each of our grandchildren!

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