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

book(summary)

OPTION B

FACING ADVERSITY, BUILDING RESILIENCE, AND FINDING JOY

ORIGINAL AUTHORS

SHERYL SANDBERG
ADAM GRANT

NARRATED BY DEAN BOKHARI

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Synopsis

From Facebook's COO and Wharton's top-rated professor, the New York Times best-selling authors of *Lean In* and *Originals* comes a powerful, inspiring, and practical book about building resilience and moving forward after life's inevitable setbacks. After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. "I was in 'the void,'" she writes, "a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe." Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build. Option B combines Sheryl's personal insights with Adam's eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart - and her journal - to describe the acute grief and isolation she felt in the wake of his death. But Option B goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere...and to rediscover joy. Please note: this is a summary and analysis of the book, and not the actual book.

Book Information

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This was an effective summary to get the main thrust of the book (which I then bought with more confidence). Well done!

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