



## Summary - Option B : By Sheryl Sandberg - Facing Adversity, Building Resilience, and Finding Joy (Paperback)

By The Summary Guy

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Options B: A Complete Summary! Option B: Facing Adversity, Building Resilience, and Finding Joy is a book written by Sheryl Sandberg and Adam Grant. The book is written to show its readers how to deal with some of the hardest tragedies that can occur in their lives. Sandberg writes about her sadness and the process of overcoming the sudden loss of her husband, while Grant gives research-based strategies for dealing with sadness and how to become more resilient when hard times come. When we read the book, we can also read many stories of other people who also succeeded in overcoming various hardships. Each chapter and each story has at least one helpful piece of advice, which is then explained by Sandberg and Grant. Besides being a collection of testimonies from people who managed to overcome different troubles and challenges in their lives, it is also a guidebook. The main purpose of the book is to guide the reader and show him or her that there is always a way. Some of things that readers will have the opportunity to learn...



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