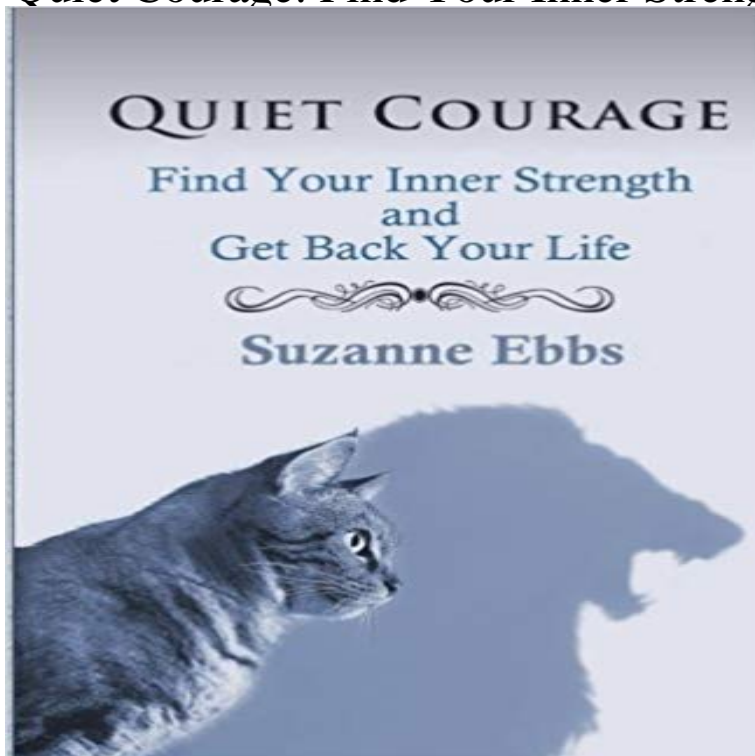


## Quiet Courage: Find Your Inner Strength and Get Back Your Life



If you have ever felt like a prisoner of your circumstances, this book is for you. It starts with the story of Admiral James Stockdale. He spent seven horrific years in a POW camp, yet his spirit was unbroken. Here you will learn the wisdom that has come to be known as the Stockdale Paradox. It helped him not merely survive, but triumph. You will also read the stories of others who have faced and conquered overwhelming odds. You will learn to apply those lessons to your own life. These heroes will inspire you by their actions, by their courage, and their words. These are ordinary people who suffered tragedy but did not accept defeat. You will learn how they survived, and what they did with their pain afterwards. You will be inspired by the contributions they made to others, turning their trauma into hope for others. You will hear the wisdom in their words and see the courage in their actions.

The book offers practical advice because inspiration alone is not enough. Action is required for any solution. This book includes ten tips for improving your life today. These are small, but important things you can do, today, to make your life better. You know the big things you have to do, but they can seem overwhelming. Start small, stick with it, and let this book unlock the Quiet Courage within you.

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