

Introduction

“Life doesn’t get easier or more forgiving; we get stronger and more resilient.”

Steve Maraboli

This book is built on the foundations of the statement above. Life is not a bed of roses, and the earlier you realize this, the better for you. Many people crash and even take their lives because they expected life to go easy on them. Unfortunately, life is such an unpredictable “spouse” that promises you forever but can file a divorce the following week. It is no news that life is volatile like the stock market but unfortunately, many people are not prepared for it.

It’s this lack of preparation that makes people unable to cope with the fiery darts life throws at them. When you are not mentally prepared for the adversities of life, you will throw in the towel too

soon. This lack of resilience is one of the reasons many people are depressed in the world today. It is also the reason many people have either taken or attempted to take their lives. According to the World Health Organization, around 800,000 people around the world kill themselves every year.

This development is sad, and that is why you need to become stronger, develop the muscles of your mind, and build up a tough skin according to the recommendations of Steve Maraboli. You don't get stronger for life by hitting the gym. Rather, the preparation is mainly, if not purely, mental and psychological. This guide was put together to enable you to build mental strength that can sustain you during the days of adversity. It is going to be a beautiful journey that can be life-changing, depending on your attitude. Let's begin.

Chapter 1: The Trainer Called Adversity

Experience is the best teacher; adversity is the most accomplished trainer. No one really ever wants to face misfortune. We would all have preferred to go through life, enjoying the ride without bumps. However, things are not always as planned and life is not a bed of roses and chocolates, there are always thorns somewhere. In this chapter, we'll explore how the troubles that come our way have come to make us and not break us.

Tough Times Are Not Avoidable

The truth that many people wish isn't true but is the reality is that adversity is inevitable. There're no magic potions or wands that can make an individual avoid troubles and misfortunes in life. Therefore, you shouldn't be hoping that you won't encounter unpleasant periods in your life. Rather, you should be hoping that