

ADMIRAL
WILLIAM H. MCRAVEN (RET)

MAKE
YOUR
—BED—

LITTLE THINGS THAT CAN
CHANGE YOUR LIFE
...AND MAYBE THE WORLD

William H. McRaven

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



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The inspiring #1 New York Times bestseller that "ought to be read by every leader in the us."
--Forbes
BASED ON THE INCREDIBLE GRADUATION SPEECH WITH OVER 14 MILLION Sights ON
YOUTUBE
If you want to change the globe, start off by making your bed." --USA Today
"Filled with captivating personal anecdotes from inside the national protection vault.
Admiral McRaven's original speech went viral with more than 10 million views." (Wall structure Street Journal)
"Effective. Building on the core tenets laid out in his speech, McRaven today recounts tales from his own lifestyle and from those of individuals he encountered during his armed service service who dealt with hardship and made difficult decisions with determination, compassion, honor, and courage. McRaven addressed the graduating course of the University of Texas at Austin on the Commencement day. Taking motivation from the university's slogan, "What starts here changes the world," he shared the ten concepts he discovered during Navy Seal schooling that helped him conquer challenges not only in his teaching and long Naval profession, but also throughout his existence; and he explained how anyone can use these fundamental lessons to improve themselves-and the world-for the better." --Washington Post
"Superb, smart, and succinct. On May 17, 2014, Admiral William H. Told with great humility and optimism, this classic book provides simple wisdom, practical assistance, and phrases of encouragement that will inspire readers to attain more, even in life's darkest occasions.



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Straight talk wireless from a former Navy SEAL There are various "self-help" books in the marketplace that contain solid information. Easy, enjoyable read intertwined with essential reminders about existence. Although the examples are from a armed service life, it isn't a military book. Boring If you don't are military, that is boring. The bottom line is, McRaven says that existence is tough, but meeting challenges with discipline, dedication, a positive attitude and the support of others will most often lead a person to a meaningful life which will inspire others. This book is a wonderful short read, full of great life lessons for anybody. Gave it to my 11 year old grandson, he go through it in 4 days annd played back again the message of by no means giving up when you encounter a tough situation and the importance of teamwork Must read for 13 + year olds Simply because an eighth grade instructor I see kids everyday who never take a risk, who don't know how exactly to work properly in teams, and stay straight down after an ounce of bad news or criticism. I desire I could purchase 150 copies for each student I teach. Seal your fate for the nice! If you desire to change the world, begin by producing your bed. I read the entire book straight through, underlining my favorite passages, in fact it is so well written! Plenty of simple but sage advice and this book will become on my annual re-read list. Great advice from an excellent hero!! My husband will most likely like it though. better than my lecture on character Excellent. Phil or Tony Robbins due to the fact the anecdotes he uses to illustrate his ten tips are gleaned from his experiences as a Navy SEAL. I'll gladly recommend this book to all of my children and fourteen grand children ! Make your bed I saw the writer on Fox news, and was intrigued. I am definitely not SEAL tough, by no means was, but anyone can incorporate this into his existence. John Zimmerman CAPT, USN (ret) I will be purchasing extra copies as gifts. So simple. However, General McRaven's Make Your Bed results in as refreshingly different from those books by popular self-help gurus like Dr. Adm. McRaven uses his amount of time in Naval Special Warfare to background these life lessons, but, doesn't use his support as a SEAL as a personal promotion tool. I will produce my bed everyday. Life is tough - better get ready for it each day Great, Readable , profound Guidance. It offers purpose and direction. What a very fortunate graduating course to have begun lifestyle hearing from Admiral McRaven. Excellent read I use the Admirals lessons to motivate myself and my kids regularly. A respectful, thought provoking book that ought to be required reading for all adults, and maybe reread once or twice at different stages in someone's life. The Admiral keeps it simple, backed with great, short stories to illustrate the points. I got this mainly because a kindle book and starting reading it before striking the sack. Easy, exciting read intertwined with important reminders about life Outstanding book! Therefore profound. Moving, Meaningful, Masterful There is so much power and wisdom in the beautiful, small book. what a waste of money. Inspirational, quick read This easy read had life lessons for all ages. Would make a nice present for a graduate or anyone needing a pick me up. Must read All young folks should read this Solid, quick read A nice combo of lessons and anecdotes from am American hero and a man worth all respect. I loved it. I go through this little book in one sitting and plan to purchase copies for my children. Excellent Guide for a life very well served! Less than 2 hours for \$14 We completely missed that was less than 2 hours long. Essential read for all leaders, young and old, aswell as for those who need to get the most out of existence. If you are somewhat better today than yesterday, and slightly better tomorrow than today, your daily life will be more meaningful and impactful.



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