



OPTION B

FACING ADVERSITY,
BUILDING RESILIENCE,
AND FINDING JOY

SHERYL SANDBERG

LEAN IN

ADAM GRANT

ORIGINALS

#1 NEW YORK TIMES BEST SELLER

Sheryl Sandberg

Option B: Facing Adversity, Building Resilience, and Finding Joy



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I want Dave,"Best SellerNamed a Best Reserve of 2017 by Barnes & Noble and Amazon From Facebook's COO and Wharton'a powerful, inspiring, and practical book about building resilience and continue after life'NY Times best-selling authors of Lean In and Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym flooring, Sheryl opens up her heart—s top-rated professor, the #1 s personal insights with Adam' After the sudden death of her hubby, Sheryl Sandberg felt sure that she and her children would never feel pure joy once again. "" she writes, ""the void,'a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe.I was in ' Her friend Adam Grant, a psychologist at Wharton, informed her there are concrete steps people may take to recuperate and rebound from life-shattering experiences. We have been not born with a fixed amount of resilience. This is a muscles that everyone can build. Option B combines Sheryl's inevitable setbacks.s eye-opening research on finding power when confronted with adversity.Originals: and her journal—to spell it out the acute grief and isolation she felt in the wake of his loss of life. and then promised to greatly help her take full advantage of Choice B.s loss to explore what sort of broad range of individuals have got overcome hardships including illness, job reduction, sexual assault, natural disasters, and the violence of war. she cried. . This publication can help us all make the most of it. also to rediscover joy. A number of these lessons can be put on everyday struggles, enabling us to brave whatever lies forward. Even following the most devastating events, it is possible to grow by finding deeper meaning and attaining greater appreciation inside our lives. Choice B illuminates how exactly to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient family members, communities, and workplaces. Resilience originates from deep within us and from support outside us. Her friend replied, " "#1 New York Times Their tales reveal the capability of the human being spirit to persevere . Fourteen days after losing her hubby, Sheryl was finding your way through a father-child activity.Option A isn't available," But Choice B goes beyond Sheryl' We all live some form of Option B. .



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Important topic that a lot of people have no idea about. I'm not finished but I needed to chime in right away. I'm an authorized Professional Counselor, part-time teacher at Colorado Christian University, and published writer. Though Sandberg was able to harness her solid achievement-drive to hire Grant's tools for dominating her grief and leaping toward joy, all the tools springtime from a hijacking of a narrow theory about the one personality trait of resilience for willfully overpowering anguish. I've spent the last four years researching and authoring the powerful topic of Posttraumatic Development. His cognitive-behavioral tools coerce Sandberg out of her pain and drive her to prematurely and frantically chase after joy, gratitude, and meaning. I hope it reaches be born someday.) In the meantime I would like to shout hurray and yeehaw on nearly every single page of the book. The smashing point of the book: Everyone can heal, and some people are even launched to a more meaningful place after experiencing trauma; clinical research displays how. Growth is in fact more common than the far better known and greater studied posttraumatic stress disorder (PTSD). The challenge is to start to see the opportunity presented by seismic events. After trauma, people need hope. In the aftermath of the tragedy, people need to find out there's something better. (Whether she and everyone want to believe it or not, two years into widowhood is quite early. Until lately the complete discussion of the individual response to trauma ended with a summation of the hardships incurred by trauma. encouragement to anyone presently or yet to be facing loss. Instead, it is transformative. Trauma survivors and their family and friends need to know there's another side to trauma. Business professor provides ill-advised, harmful strategies for sidestepping grief At the beginning of this publication, I felt grateful to Sandberg and Grant for their clear articulation of how we as a tradition fail those people who are suffering by not talking to them about their adversity. I lost my brother unexpectedly and I miss him. I think it's naïve for her to suggest anyone on how to cope with grief and trauma for the long term. As somebody who was all of a sudden widowed 25 years ago, when my son was an infant;" "If I were resilient, I wouldn't end up being so overwhelmed. To be clear, growth does not undo loss, and it generally does not eliminate adversity. Posttraumatic development isn't the same as an increase in well-getting or a decrease in distress." Pants on fire. Growth could make the discomfort meaningful and bearable, nonetheless it will not deny the hurt. For decades, nearly all the mental research into trauma and recovery has focused on the debilitating issues that people face, but Option B speaks of the paths people can take to heal from their experiences and find out new meaning in their lives. Just this morning a blog reader wrote to me and said she feels stuck due to her father's suicide many years ago. The first thing I did was tell her about your reserve. Great buy! Thank you Sheryl and Adam. Strange as it may sound, half of all victims emerge from the trauma more powerful, more focused, and with a new perspective on the future. Joy, gratitude, and meaning naturally arise when grieving people are given time and help bear their intense emotions. These healing feelings don't need to be hastily imposed onto people. The rest of the book was shockingly awful. Sandberg and Grant pushed way beyond basic recommendations for assisting grieving people into marketing their strategies for "overcoming" adversity as universally helpful. Their resilience strategies are so ill-advised for regular grieving and traumatized people that I can not only not advocate this publication, I also have to strongly speak out against it. The worst points that eventually us might place us on a path to the best things that will ever happen to us. so when a psychotherapist who offers helped people with grief and trauma for more than 20 years, I'm horrified and insulted by the way Grant misapplies to grief and trauma his business-based positive-psychology strategies—strategies that are meant to help people with performance anxiety, not mortal suffering. I understand from encounter that untimely reduction is brutal, and I don't fault Sandberg for submitting to Grant's insistence that she follow his prescriptive exercises, specifically because he frightens her by telling her that if she continues to feel her painful

feelings, she'll be "trapped" in harmful emotion and her children "won't recover. However in the long run, these strategies don't get rid of grief's intense feelings. Therefore she uses his change-your-thinking exercises to momentarily stanch her wrenching discomfort." Needless to say she wants her kids to be okay..I think it was irresponsible of the publisher to allow two unqualified visitors to make these damaging universal suggestions to grieving and traumatized people. I need to make this end.Carrying out a traumatic experience, most people experience a range of problems: Trouble sleeping, nightmares, agitation, flashbacks, emotional numbness, staying away from reminders of the traumatic event, nervousness, anger, guilt, hyper-vigilance, depression, isolation, suicidal tendencies, etc.) Though I'd have supported her composing a memoir of her early widowhood; Occasionally the changes are small (life has more indicating, or the survivor feels closer to loved ones) and other times they are massive, sending people on brand-new profession paths.And Grant is a BUSINESS professor. Though eventually fear-based, this ego-powered, conflict-filled tale preserves the beloved American illusion that actually when confronted with horrific tragedy, we are able to acquire weapons of resilience in order to dominate the grief monster and bounce back again to normal in only over a season. The strategies he foists onto Sandberg emerged from research on learning and performance, not on dealing with overpowering emotion. (I wish I could tell you the title of my book but it remains in the hands of agents and publishers. Later on chapters on increasing resilient kids and failing at work provide some good tips for building resilience, but it's unclear to me what that sort of resilience is due to helping people bear the intense emotions of grief and trauma. Early chapters provide ideas about how to bring up difficult situations and how exactly to offer concrete, practical help rather than fuzzy, generalized help. I reside in the Columbine neighborhood and worked with police and firefighters at Ground Zero so recovery from trauma is normally of huge interest to me. Throughout the book, Sandberg and Grant make use of terms like overcome adversity, triumph over sadness, and regain control. These warlike terms reveal that they view grief as a monster that we should dread and flee from, or fight and fight against, and to eventually prevail over. He offers zero training for dealing with people who are going through intensely emotional experiences, and no knowledge of up-to-date emotion science. Good book Good book Very helpful. They believe, "Something's incorrect with me. Sandberg is normally a brand-fresh widow. A brush with trauma often pushes trauma survivors to face their own mortality and to find a even more meaningful and fulfilling understanding of who they are and how they would like to live." These beliefs are invalidating plus they perpetuate a harmful fear of grief, and Choice B throws gasoline on the flames of these beliefs.Emotion technology clearly shows that when we are plunged into intense emotional says such as for example grief, we need to experience understood and we need to be helped expressing our emotions in a way that doesn't overwhelm us. Grant hardly ever soothes Sandberg, never presents her kindness to greatly help her bear and express her grief. Instead, he responds to her sadness, despair, or guilt with stern warnings that she's "delaying her recovery" and "delaying her kids' recovery. I believe writers and publishers will need to have a bit more respect for visitors. I've currently seen clients having normal grief responses who experience ashamed and scared of their own emotions when they evaluate themselves to Sandberg.I dislike the way resilience—simply because sold by Choice B—is building griever's feel bad. I'm angry that Choice B is turning resilience right into a brand-new hurtful grief myth that griever's have to fight against to be able to heal, a myth that makes griever's experience ashamed and frightened if indeed they can't bounce back immediately, and when they don't feel just like prematurely striving toward pleasure when they're honorably slogging through toward genuine healing. PULLEEZE - THIS WOMAN SUX Taking into consideration she's sleazy enough to give out millions of people's info on FB for her own personal gain and doesn't seem to provide a cr@p about

additional women, her publication is trash. From one that knows - I tried to finish the reserve. I lost my hubby when I was 45 yrs, he was 48 yrs, my sons were 14 and 16 yrs, (merely to show I understand what grief is). The idea that she has any real notion of real life and the reality of grief was lost in her suggestions that only the top 1% could actually utilize. Must read. Now I go through that as a boss, she will not accommodate her own employees. Understanding her behavior and treatment of actual people (her employees) I got sick to my belly trying to finish the reserve. She's like Ivanka, loves the picture that she, "cares. And even for individuals who do experience growth, suffering isn't mitigated in the aftermath of tragedy. We can not let grief get in the way of function, and we don't have bosses who will set up your work lifestyle to coddle those functioning through grief. Most inspirational book! Really encouraged me. I have been, and you will be, recommending this book to friends and customers. It really helps put stuff in perspective.. In numerous studies, about half of most trauma survivors report positive changes as a result of their experience. Instead, Grant's strategies sidestep anguishing emotions and press them underground where they fester and cause problems—years afterwards and in long term generations. but I am learning to take back the happy occasions that life brings. Anyone can write and have a published a clear selfhelp book this days An enormous and boring mix of the chronicle of her grief without ANY fresh idea. They could create in 10 web pages the "HELP" suggestions in this book instead of the hundreds pointless they wrote." His strident approach leaves me feeling fiercely protective of most grieving people, including Sandberg. Must read Through her own vulnerability, Sheryl Sandberg provides practical direction & But since it works out, a traumatic event is not simply a hardship to end up being get over. When distressing grief reactions occur in a society like ours that denigrates long-lasting and intense grief responses, griever can find yourself isolated, ashamed, and ill. Very useful for understanding what someone is going through if they lose their spouse,



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