



The Adversity Advantage: Turning Everyday Struggles into Everyday Greatness

Erik Weihenmayer, Paul Stoltz

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From the world's foremost blind athlete and a Harvard Business School lecturer comes an inspiring, seven-step program for converting both mundane and dramatic struggles into the kind of fuel that spur personal and professional greatness.

Adversity is one of the most potent forces in life. It shapes your character, clarifies your priorities, and defines your path. It can also fuel your greatness. Each of us faces a rich assortment of adversities every day, ranging from minor hassles to major setbacks and challenges, even tragedies. Nobody knows this better than blind adventurer Erik Weihenmayer and adversity expert Dr. Paul Stoltz. In this exciting new edition of *The Adversity Advantage*, this dream-team joined forces to offer incredible experiences and practical science to teach you how to turn life challenges into a powerful advantage. Weihenmayer, who is the only blind person to climb Mount Everest and the Seven Summits, shares his struggles on high mountains to turn adversity on its head and do the impossible. Coauthor Stoltz has spent decades decoding the human relationship with adversity and is the creator of the globally acclaimed Adversity Quotient.

Fully revised and updated, this new edition of *The Adversity Advantage* offers lessons from real-life adventure, seemingly insurmountable challenges, and extensive research to help you achieve greatness. This unique book provides an exciting and insightful framework for surpassing obstacles and reaching higher goals. Its seven proven principles will help you harness the adversity in your life and turn it into agility, innovation, energy, and happiness:

- Take it on!
- Summon your strength
- Engage your core
- Pioneer possibilities
- Pack light, pack right
- Suffer well
- Deliver greatness, every day

Let *The Adversity Advantage* inspire you to overcome obstacles, no matter how daunting!

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