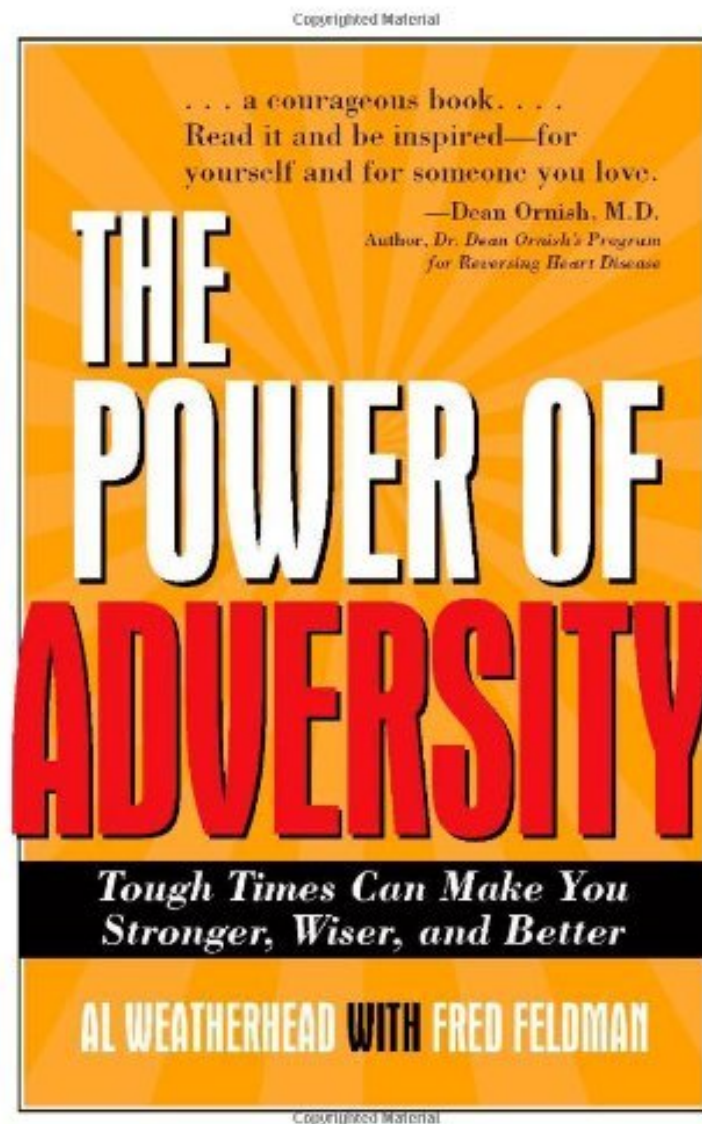


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## The Power of Adversity: Tough Times Can Make You Stronger, Wiser, and Better

*Al Weatherhead, Fred Feldman*

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**Al Weatherhead, Fred Feldman : The Power of Adversity: Tough Times Can Make You Stronger, Wiser, and Better** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Power of Adversity: Tough Times Can Make You Stronger, Wiser, and Better:

1 of 1 people found the following review helpful. Four StarsBy JamesGreat, Thanks2 of 2 people found the following review helpful. The memoir of a philosophical philanthropistBy ServantofGodThis book is an expansion of the

following rules set by the author for mastering adversity1. We're not meant to be happy; we're meant to grow2. Positive thinking is imperative3. You are not at the center of the universe4. Instead of why me?....why not me?5. It is luckier to earn than to receive6. Be self-ish and put yourself first, by putting yourself last7. Never think I have to do it. Instead, think I have it to do.8. I suffer passeshellip;I suffered never passeshellip;A blade remains tempered long after the fire that scorched it has faded away9. Cultivate the seven self-ish virtues of modesty, gratitude, courtesy, self-control, compassion, perseverance, and indomitable spirit to conquer your adversity10. Adversity creates wallshellip;when you tear down those walls you create spectacular vistas of self-potential11. Leverage sweat equity built up by surviving previous trouble to help master current adversity12. Adversity always grants a chance to creatively resolve the problem13. Running away never helps14. Overcoming adversity requires the right attitude..hellip;meditationhellip;..communication..hellip;and sharing15. Have the right idea about money. Success isn't just possessions and power16. Practice responsibility, loyalty, consideration ndash; the magic formula that is the secret to life17. Always get the factshellip;..real facts, not the imagined ones18. Treat time as your most valuable resource19. Get perspective through acts of charity to others20. Adversity provides the only real opportunity to make an incredible difference in your life and in the world21. Come to see problem solving as one of the great joys of life22. There is always a great idea lurking in adversityhellip;Will you find it?.I checked the internet and got two facts. The good one is that the author did what he wrote throughout his life. The sad one is that he passed away in 2011. In case you like to read detailed stories of some real guy who you can look up to, this book is for you. Otherwise, please give this a pass.3 of 5 people found the following review helpful. Book Review of The Power of AdversityBy Keiki HendrixThe Power of Adversity is an electric book revealing Al Weatherhead's story from 'angry young' to motivational speaker. The theme and focus of this book is to change your perspective on adversity.This is not a Christian book, though it reveals how using the wisdom principles of the Bible to begin to view the many hard times of your life to your benefit.It includes one interesting view on the story of the fall of mankind found in Genesis stating that because of the fall, mankind would suffer adversity. In it's basic form, this is quite true (though there is much more to say about the fall.)Reading this book reminded me of an instruction I gave my sons during their 'growing' years. I tried to convey them three principles for life: 1) Know where to go when you find yourself in trouble - God; 2) The concept of 'delayed gratification'; and 3)As a child of God - all events in their lives were covered under Romans 8:28, meaning no matter the problem - God would work it to their favor.This book would fall under the latter of the three instructions. It provides good instruction on how to view adversity and offers the authors real life testimony as a witness.Al Weatherhead's life story is woven throughout the book with instruction to the reader of how the many adverse events in his life reshaped his perspective.Written in a very fast paced, non-stop fashion, this book is a shot in the arm for those who may be walking under the 'why me' cloud. I would recommend it for anyone needing a jolt in their thought pattern.Disclaimer:The review copy of this book was provided free of charge by the author and was donated to the library of Westwood Baptist Church.Reviewed by: Keiki HendrixReviewed for: Al Weatherhead+++++

Misfortune . . . Failure . . . Illness . . . It seems adversity dooms us to lives of frustration.Not so, according to dynamic industrialist and major philanthropist Al Weatherhead. He says adversity is not a curse but a gift--and that when we embrace our problems we temper and empower ourselves to achieve unimagined success.With insight and compassion, Weatherhead helps us understand that the question we must ask ourselves when bowled over by life's troubles is not "Why me?" but instead, "Why not me?"In the process, this pragmatic and profound book reveals the secret to achieving a greater understanding and mastery of life by harnessing thePower of Adversity.

"Al Weatherhead's Power of Adversity has changed my response to daily bumps in the road and major catastrophic events. I will appreciate each challenge, and accept it as a gift to face my own shortcomings. So much of our suffering is the result of our own negativity. His wisdom helps me find solutions I never dreamed were possible." --Margaret Roche, CEO, Stella Maris, Inc."Al Weatherhead's personal journey from hardship and despair to strength and positive thinking and action is truly inspirational. This remarkable book is a 'must' read for anyone facing adversity because it is a message of hope and a practical guide to leading a positive and fulfilling life." --Scott Cowen, President, Tulane University"An arresting personal story that shows how to turn misfortune into its opposite by thinking--and acting--in circles wider than oneself." --Carol Gluck, Columbia University"Overcoming adversity is no easy feat. From Al Weatherhead's perspective, adversity is simply another way of spelling opportunity. For anyone searching for a philosophy for life based on real world experience, this is the book to read. Embrace the author's approach and you will have taken a major step toward transforming the quality of your life." --Roger Cheever"The Power of Adversity is a courageous book in which legendary businessman and philanthropist Al Weatherhead describes how adversity--properly understood--can be a catalyst for powerful and meaningful personal transformation. Read it and be inspired--for yourself and for someone you love. Highly recommended." --Dean Ornish, MD, Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, University of California, San Francisco, author, The Spectrum and Dr. Dean Ornish's Program for Reversing Heart DiseaseAbout the AuthorAl Weatherhead, chairman

and CEO of Weatherhead Industries, endured wrenching family estrangement, serious arthritis and heart disease, and is a recovering alcoholic. Instead of surrendering to his adversity, he came to see it as a blessed enemy and leveraged it to achieve extraordinary personal and professional success. He lives with his wife in Cleveland, Ohio.