



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

*Al Weatherhead, Fred Feldman*

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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 the Power of Adversity.

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