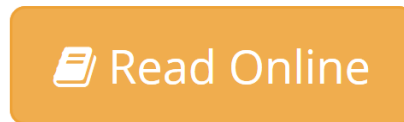


Make Your Bed: Little Things That Can Change Your Life...And Maybe the World

By William H. McRaven



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If you want to change the world, start off by making your bed.

On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better.

Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve *more*, even in life's darkest moments.

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Review

"Should be read by every leader in America... [MAKE YOUR BED] is a book to inspire your children and grandchildren to become everything that they can. It is a book to discuss with your executive leadership team as a spur to meeting shared goals. Most of all, it is a book that will leave you with tears in your eyes."? *Wall Street Journal*

"Full of captivating personal anecdotes from inside the national security vault...McRaven's lessons, like his commencement speech, extend far beyond his bed-making. He devotes the 10-chapter book to lessons about moving beyond failure, standing up to bullies and giving others hope."? *Washington Post*

"McRaven...has taken the genesis of what he learned during SEAL training and his nearly four decades in Navy Special Operations into a thin, powerful book."? *USA Today*

"Exquisitely simple...superb, smart, and succinct ideas."? *Forbes*

About the Author

Admiral William H. McRaven (U.S. Navy Retired) served with great distinction in the Navy. In his thirty-seven years as a Navy SEAL, he commanded at every level. As a Four-Star Admiral, his final assignment was as Commander of all U.S. Special Operations Forces. He is now Chancellor of the University of Texas System.

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