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Option B - summary.com

Summary A powerful, inspiring, and practical book about building resilience and moving forward after lifeâ€™s inevitable setbacks . After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again.

Option B (Sandberg) - Summary Guide - LitLovers

Option B illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead.

Option B by Sheryl Sandberg, Adam Grant

Option B is a new book about facing adversity, building resilience, and finding joy. Sheryl Sandberg and Adam Grant combine stories, research, and practical advice to help you build strength for lifeâ€™s challengesâ€”and help your family and community do the same.

About the book | OptionB.Org - Option B: Build resilience

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Option B is Sandberg's journey through the fog of sadness and anger to her choice to find happiness again. It is a study of resilience and how we build it, for ourselves and for our kids, as ...

Review: Sheryl Sandberg's new book, 'Option B' - Quartz

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