

Additional Resources for February - Perseverance

Books

Rising Strong: The Reckoning, The Rumble, The Revolution

Brené Brown

<http://www.spiritualityandpractice.com/book-reviews/view/28234/rising-strong>

"This is a book about what it takes to get back up."

Option B: Facing Adversity, Building Resilience, and Finding Joy

Sheryl Sandberg and Adam Grant

"From Facebook's COO and Wharton's top-rated professor, the #1 New York Times best-selling authors of *Lean In* and *Originals*: a powerful, inspiring, and practical book about building resilience and moving forward after life's inevitable setbacks."

Article about the book found [here](#)

Endure: The Power of Spiritual Assets for Resilience to Trauma & Stress

Daniel D Maurer

<https://transformation-is-real.com/endure-book>

Resilience: Why Things Bounce Back

Andrew Zolli & Ann Marie Healy

Review: "Provocative, optimistic, and eye-opening, *Resilience* sheds light on why some systems, people, and communities fall apart in the face of disruption and, ultimately, how they can learn to bounce back."

Podcast related to the book:

<https://onbeing.org/programs/andrew-zolli-a-shift-to-humility-resilience-and-expanding-the-edge-of-change/>

The Impossible Will Take a Little While: Perseverance and Hope in Troubled Times

Paul Rogat Loeb

https://www.amazon.com/Impossible-Will-Take-Little-While/dp/0465031730/ref=pd_sim_14_5?encoding=UTF8&psc=1&refRID=PTXRMR4WDPC5R4JYF2K5

A review: "What keeps us going when times get tough? How have the leaders and unsung heroes of world-changing political movements persevered in the face of cynicism, fear, and seemingly overwhelming odds? In *The Impossible Will Take a Little While*, they answer these questions in their own words, creating a conversation among some of the most visionary and eloquent voices of our times. "

Movies

127 Hours

https://www.rottentomatoes.com/m/127_hours/

"127 Hours" is the true story of mountain climber Aron Ralston's remarkable adventure to save himself after a fallen boulder crashes on his arm and traps him in an isolated canyon in Utah... A visceral thrilling story that will take an audience on a never before experienced journey and prove what we can do when we choose life."

Lion

https://www.rottentomatoes.com/m/lion_2016/

Five-year-old Saroo gets lost on a train which takes him thousands of Kilometers across India, away from home and family. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

More: <https://www.youtube.com/watch?v=5B4R8o3w3uI>

They Will Have to Kill Us First

https://www.rottentomatoes.com/m/they_will_have_to_kill_us_first

A documentary celebrating the courageous and creative use of music as a form of resistance. Set in Mali where jihadists have banned all music-making. Delivers a vibrant testimony of resilience under oppression.

Million Dollar Baby

"A powerful emotional drama about a woman boxer and her crusty old trainer and the slow miracle that draws them together."

Slumdog Millionaire

"A picaresque tale about a resilient and loving boy from the slums of Mumbai whose luck takes him from poverty to the wildly popular game show "Who Wants to be a Millionaire.""

The Wrestler

https://www.rottentomatoes.com/m/the_wrestler

Babe

The masterful family move about the most persistent and resilient pig in movie history!

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