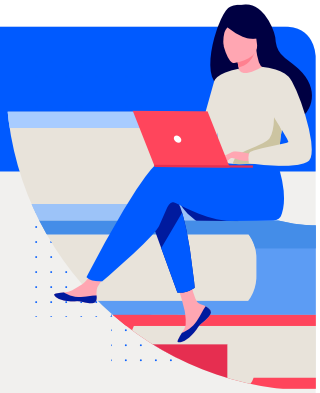
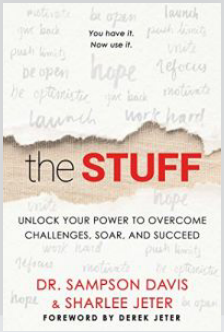
getabstract | MEETING IN A BOX





GETABSTRACT REVIEW OF

The Stuff

Unlock Your Power to Overcome Challenges, Soar and Succeed

Authors Sampson Davis and Sharlee Jeter discuss the essential elements of fortitude and share stories about people whose stuff enabled them to overcome life's challenges.

STEP 1
Have your team read the **getAbstract summary.**

STEP 2
Schedule a team meeting to discuss the questions below.

STEP 3
Have a discussion with your team.

Discussion Questions

1.Do you have an example from your own life that lends support to the book's thesis?
2.After reading the summary, how would you defy your limitations?
3.What does keeping yourself open to unforeseen inspiration entail?
4.Think of one of your current challenges. What is the unforeseen inspiration you can take from it?
5.What are some of the ways in which you can sustain motivation long-term?
6.Where do you see the concepts in this summary fitting in with your current job functions?

"In the depth of winter, I found there was, within me, an invincible summer."

The Stuff
Sampson Davis and Sharlee Jeter

Additional resources

Resilience

How to Cultivate Grit

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