



# **The Crux of Perseverance: How to Be Mentally Strong Like Soldiers and Athletes (The Wheel of Wisdom) (Volume 10)**

*Karma Peters*

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## **NO MATTER WHAT YOU ARE GOING THROUGH, YOU SHOULD ALWAYS HANG ON!**

**This book tells you why, pulling back the curtain on the crux of perseverance and explaining in detail everything from apathy and poise to determination and tenacity.**

**For millennia, some people have always received accolades and drawn admiration for their determination, mental fortitude and ability to never, never, never give up...even if that meant, in some cases, losing their lives. We revisit in this book the key specific traits and neuronal practices that tenacious folks, including first-rate athletes and people in the military, use each and every day.**

>>> The book contains a helpful **Discussion Guide** and a sample chapter of sequel *101 Life-Altering Things To Do Before You Die – The Ultimate Bucket List*. Through thought-provoking questions, the book gives extensive advice on how to use the discussion guide, how to inform decisions related to the topics at hand, and how to best read it – alone, in reading groups, with your partner, or as part of learning activities, among others.

>>> **In this book, you will discover many things, including:**

- Distinguish everything from tenacity and determination to persistence, and understand what each trait entails;
- Stiffen your mind and confront the toughest situations you might encounter; and
- Instill courage and perseverance in others, especially in team work or when collective motivation is critical to overall success.

>>> **Who will benefit from this book? You!**

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