

Download The Adversity Advantage Turning Everyday Struggles Into Everyday Greatness

Our latest collection of journey quotes inspire you as you work towards your goals and dreams. These journey quotes collection will help you stay focused on your path to greatness. Everyone wants to be great. But just like most good things, greatness does not come easy. To be great, you have no choice but to [...]Erik Weihenmayer (born September 23, 1968) is an American athlete, adventurer, author, activist and motivational speaker, and the first blind person to reach the summit of Mount Everest, on May 25, 2001. For this feat, he was honored with a Time Magazine cover story. He also completed the Seven Summits in September 2002, joining 150 mountaineers at the time who had accomplished that feat, but ...They Set & Achieve High & Realistic Goals. Setting goals is the first step to turning the impossible into possible. Champions are goal orientated and have a clear vision of where they want to be. No one is protected from facing difficult situations in life. So, why do some people bounce back and others get stuck? By providing scientific research, we hope to build the case for how you can improve your resilience through engaging in exercises and activities.