

# 7 Incredible True Stories: Overcoming Adversity & Building Unbreakable Resilience

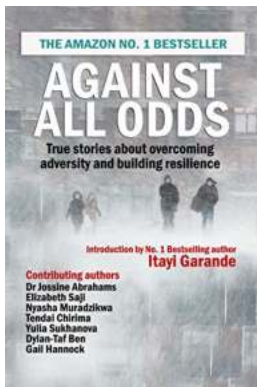
Life is full of challenges, setbacks, and hardships. However, some individuals have faced extraordinary adversity and managed to not only overcome it but also build incredible resilience. These true stories will inspire and motivate you to rise above any difficulties in your own life. Prepare to be astounded by the indomitable human spirit.

## 1. Triumph of the Human Spirit: Nick Vujicic



## 2. Unbroken: Louis Zamperini's Journey

# OVERCOMING OBSTACLES



## Against All Odds: True stories about overcoming adversity and building resilience

by Itayi Garande (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 1523 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 78 pages
Lending	: Enabled
Paperback	: 67 pages
Item Weight	: 4.6 ounces
Dimensions	: 5.25 x 0.17 x 8 inches



### 3. The Invictus Warrior: Nelson Mandela



Adversity cleanses  
the lethargies of man.

Nelson Mandela

suvidency

#### 4. The Fearless Astronaut: Chris Hadfield



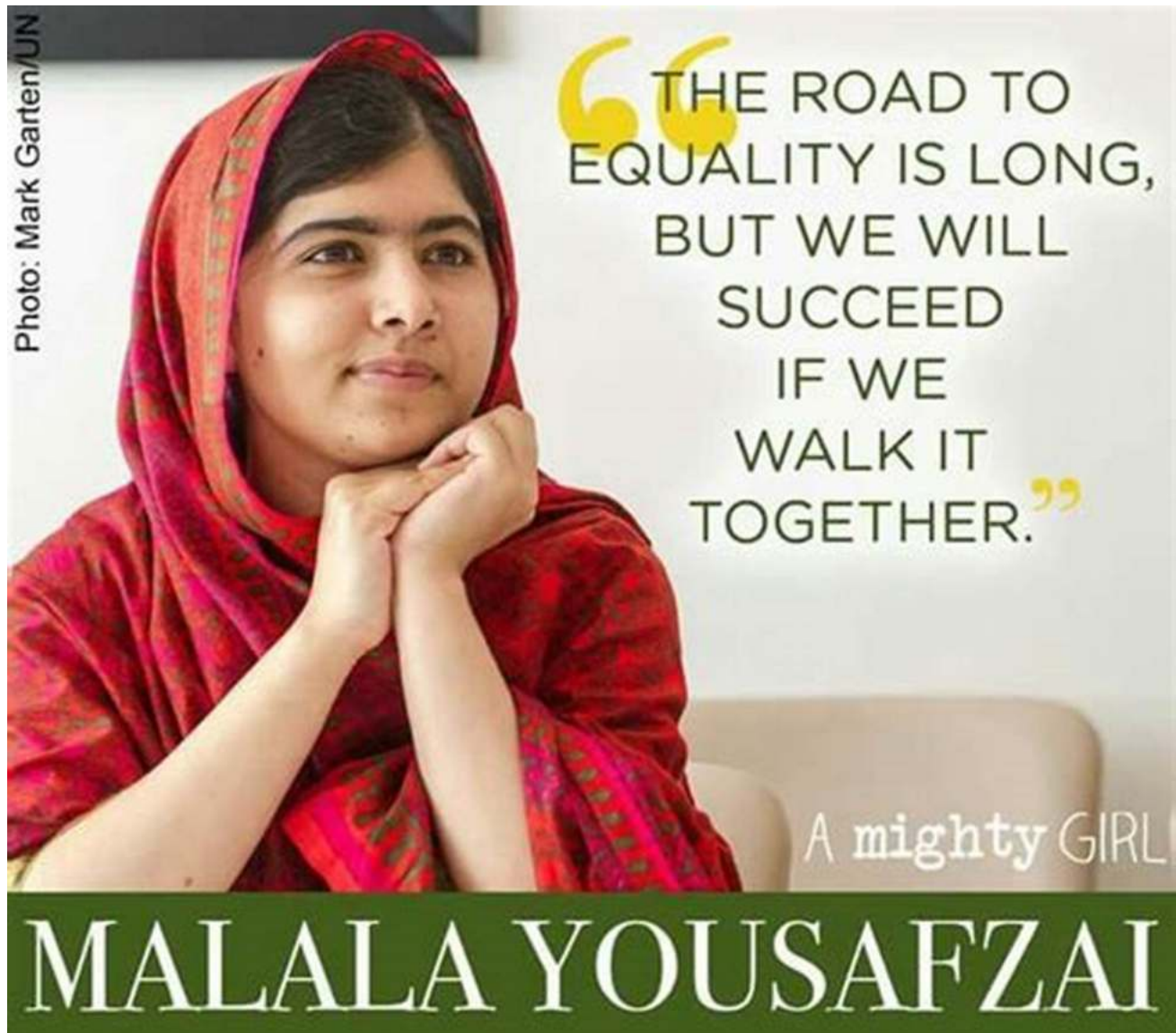
#### 5. Rising from the Ashes: J.K. Rowling



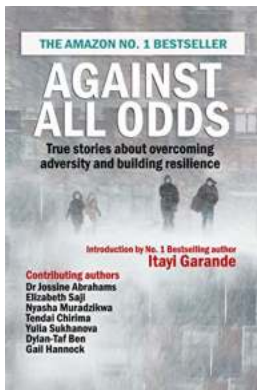
## 6. The Miracle on the Hudson: Captain Chesley "Sully" Sullenberger



## 7. Turning Pain into Purpose: Malala Yousafzai



These true stories of individuals who have overcome adversity and built unbreakable resilience serve as powerful reminders that the human spirit can triumph in the face of the most challenging circumstances. Whether it is physical limitations, war, injustice, or personal struggles, these incredible individuals teach us the importance of perseverance, gratitude, and a positive mindset. Next time life throws you a curveball, remember these stories and find the strength within you to rise above it.



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# About the anthology

**This book has some inspiring and interesting, but sometimes heart-wrenching stories. It is about struggles and how the authors navigated through the problems that they faced in their lives.**

From Dr. Jossine Abraham's struggle and success in spite of domestic abuse, through Elizabeth's experience with betrayal, to Dylan-Taf's uprooting from a world that he was born in, to reaching for the stars in Europe, this book chronicles memorable and vivid true stories of resilience that will shock you, but inspire you at the same time.

Take a moment to read these stories of incredible resilience which eight incredible writers so bravely share. Such stories should never stay hidden and

forgotten. Life is not obligingly neat. It is a series of challenges that are constantly being faced, but also constantly being resolved.

In this period of Covid19, this book is a timely intervention. We must all stay relentless in challenging and overcoming adversity. No problem lasts forever. The book is a call to action.

## **Contributors to the anthology**

The to the book and the are written by No. 1 best-selling and award-winning author, Itayi Garande. The stories are written by contributing authors, Dr Jossine Abrahams (international award-winning author and motivational speaker), Elizabeth Saji, Dylan-Taf Ben, Nyasha Muradzikwa, Tendai Chirima, Yulia Sukhanova and Gail Hannock.

## **Publisher**

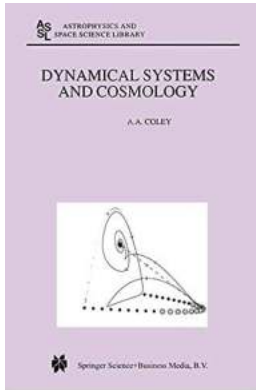
**Dean Thompson Publishing, UK**

**December, 2020**



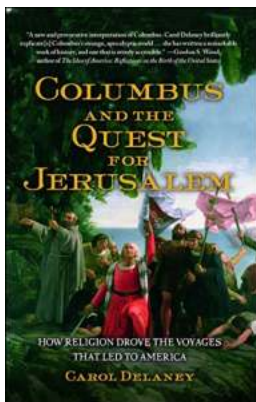
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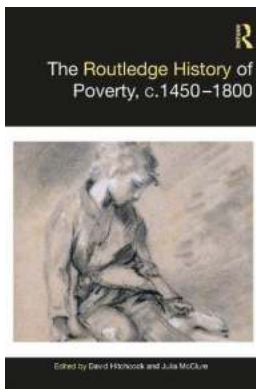
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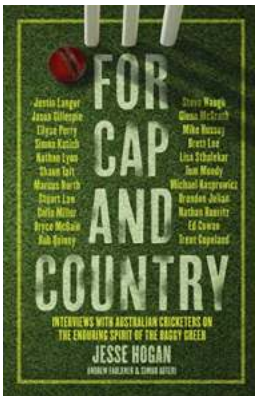
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