



Facing Challenges Whether You Chose Them Or Not: A Short Guide To Mental Toughness And Finding Life's Opportunities

Thomas Meylan

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"Facing Challenges..." gives the reader a well-tested method for building personal success. It combines a method for managing personal emotions with a strategy for building small, easily-attained steps to a selected goal. The primary theme of the book is mental toughness. Mental toughness is viewed as the product of self-reliance, personal responsibility and adaptability in the face of challenges. In order to shorten the duration of a challenge, the reader is provided a method for seeking or creating opportunities that help shorten the path it takes to reach any reasonable goal.

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