



# Make Your Bed: Little Things That Can Change Your Life...And Maybe the World

*By William H. McRaven*

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**"Should be read by every leader in America...a book to inspire your children and grandchildren to become everything that they can." --*Wall Street Journal***

**"Powerful." --*USA Today***

**"Full of captivating personal anecdotes from inside the national security vault." --*Washington Post***

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**BASED ON THE INCREDIBLE GRADUATION SPEECH WITH OVER 10 MILLION VIEWS ON YOUTUBE**

*If you want to change the world, start off by making your bed.*

On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better.

Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve *more*, even in life's darkest

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### **Editorial Review**

#### **Review**

"Should be read by every leader in America... [MAKE YOUR BED] is a book to inspire your children and grandchildren to become everything that they can. It is a book to discuss with your executive leadership team as a spur to meeting shared goals. Most of all, it is a book that will leave you with tears in your eyes."? *Wall Street Journal*

"Full of captivating personal anecdotes from inside the national security vault...McRaven's lessons, like his commencement speech, extend far beyond his bed-making. He devotes the 10-chapter book to lessons about moving beyond failure, standing up to bullies and giving others hope."? *Washington Post*

"McRaven...has taken the genesis of what he learned during SEAL training and his nearly four decades in Navy Special Operations into a thin, powerful book."? *USA Today*

"Exquisitely simple...superb, smart, and succinct ideas."? *Forbes*

#### **About the Author**

Admiral William H. McRaven (U.S. Navy Retired) served with great distinction in the Navy. In his thirty-seven years as a Navy SEAL, he commanded at every level. As a Four-Star Admiral, his final assignment was as Commander of all U.S. Special Operations Forces. He is now Chancellor of the University of Texas System.

### **Users Review**

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The book Make Your Bed: Little Things That Can Change Your Life...And Maybe the World make you feel enjoy for your spare time. You should use to make your capable far more increase. Book can being your best friend when you getting pressure or having big problem together with your subject. If you can make studying a book Make Your Bed: Little Things That Can Change Your Life...And Maybe the World to get your habit, you can get far more advantages, like add your own personal capable, increase your knowledge about many or all subjects. You are able to know everything if you like wide open and read a book Make Your Bed: Little Things That Can Change Your Life...And Maybe the World. Kinds of book are a lot of. It means that, science book or encyclopedia or others. So , how do you think about this guide?

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#### **Ora Barbour:**

A lot of people always spent their own free time to vacation as well as go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that is look different you can read a book. It is really fun in your case. If you enjoy the book which you read you can spent all day long to reading a publication. The book Make Your Bed: Little Things That Can Change Your Life...And Maybe the World it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not too costly but this book offers high quality.

#### **Cecil Andrade:**

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