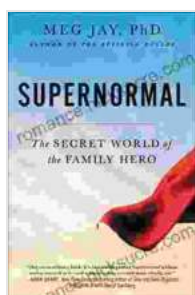


Supernormal: The Untold Story of Adversity and Resilience

In her book *Supernormal*, Meg Jay argues that adversity can be a catalyst for growth. She bases this argument on interviews with over 100 people who have overcome adversity and achieved great success, including Oprah Winfrey, Bill Gates, and Malala Yousafzai.



Supernormal: The Untold Story of Adversity and Resilience by Meg Jay

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1934 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 402 pages
Screen Reader	: Supported



Jay defines supernormal as "a state of heightened awareness, resilience, and creativity that can be achieved in the face of adversity." She argues that adversity can force us to develop new skills and strategies, and that it can also help us to discover our inner strength and resilience.

Jay's book is full of inspiring stories of people who have overcome adversity. She tells the story of Oprah Winfrey, who was born into poverty and raised by a single mother. Winfrey overcame many obstacles to become one of the most successful women in the world.

Jay also tells the story of Bill Gates, who dropped out of college to start Microsoft. Gates overcame many challenges to build Microsoft into one of the most successful companies in the world.

Malala Yousafzai is another example of a supernormal person. Malala was shot in the head by the Taliban for speaking out in favor of education for girls. She survived the attack and went on to become a Nobel Peace Prize winner.

Jay's book is a powerful reminder that adversity can be a catalyst for growth. She argues that we can all learn from the stories of those who have overcome adversity and that we can all achieve our own supernormal potential.

The lessons of supernormal people

Jay identifies several key lessons that we can learn from the lives of supernormal people. These lessons include:

- Adversity is not a sign of weakness. It is a sign of strength.
- Adversity can be a catalyst for growth.
- We can all learn from the stories of those who have overcome adversity.
- We can all achieve our own supernormal potential.

Jay's book is a valuable resource for anyone who is facing adversity. It is a reminder that we are all capable of overcoming adversity and achieving our dreams.

How to become supernormal

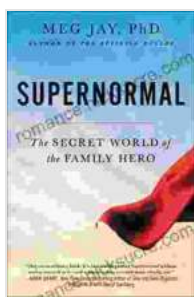
If you want to become supernormal, Jay recommends that you:

- Embrace adversity.
- Develop a growth mindset.
- Build a support system.
- Take care of your mental and physical health.
- Never give up on your dreams.

Becoming supernormal is not easy, but it is possible. By following these tips, you can increase your chances of overcoming adversity and achieving your full potential.

Supernormal is a powerful book that can help you to overcome adversity and achieve your dreams. Jay's research shows that adversity can be a catalyst for growth and that we can all learn from the stories of those who have overcome it.

If you are facing adversity, I encourage you to read Supernormal. It will give you the inspiration and motivation you need to keep going.



Supernormal: The Untold Story of Adversity and

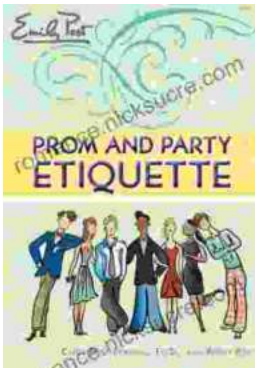
Resilience by Meg Jay

★★★★☆ 4.7 out of 5

Language : English
File size : 1934 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 402 pages

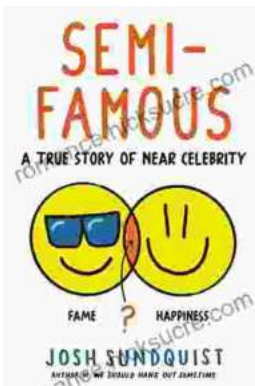
FREE

DOWNLOAD E-BOOK



Prom and Party Etiquette: A Guide to Impeccable Behavior and Gracious Manners by Cindy Post Senning

Prom and other formal parties are momentous occasions that call for impeccable behavior and gracious manners. Embracing proper etiquette ensures a memorable and enjoyable...



The Semi-Famous: True Stories of Near Celebrity

The Case of the Almost Star John Doe was a talented actor with a promising career. He had starred in a few small roles in films and television shows, and he was on the verge of...