Book Review

TITLE: Option B

AUTHOR: Sheryl Sandberg & Adam Grant

DATE: May 2023

PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I love Lean In by Sandberg and was excited to read another book by her. Resilience seemed like a great topic to dig into as well.

A-HA MOMENTS

What a-ha moments did you have when reading?

- "Resilience comes from dep within us and from support outside us. It comes from gratitude for what's good in our lives and leaning into the suck. It comes from analyzing how we process grief and from simply accepting that grief. Sometimes we have less control than we think. Other times we have more." p. 29
- "Avoiding feelings isn't the same as protecting feelings." p. 33

QUESTIONS

What questions do you have after reading that you want to investigate?

- She writes (p. 36) that there is pressure to conceal negative emotions - this book was written in 2017 so I wonder if that is changing with the focus on mental health today
- How can I use the lessons from this book as I build my business and face resiliency challenges

CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- There were tons of connections with Brene Brown's work on empathy and vulnerability
- p. 26 - counting blessings can increase happiness and health - Shawn Achor talks about this too Ring Theory (pp. 52-53) - I've heard about this before

ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Reflect on what I did right/well as part of an evening routine
- Journal 3 happy moments each evening as part of my evening routine
- Be as gentle with myself as I would be with someone else

POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

I loved Phil's response to Sandberg: "Option A is not available. So let's just kick the shit out of Option B." I will remember this!

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