

A high-contrast, black and white silhouette of a muscular man flexing his biceps. He is positioned centrally, with his arms raised and bent at the elbows. The background is a bright, glowing white shape, possibly a light source or a backdrop, which makes the dark silhouette stand out. A semi-transparent grey horizontal band is overlaid across the upper part of the image, containing the title and subtitle in white text.

UNBREAKABLE

A 9-STEP SYSTEM TO BUILD UNBREAKABLE RESILIENCE

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Introduction



Tony Robbins is a bestselling self-help author. He acts as a life coach for some of the world's wealthiest and most successful people. He has changed millions of lives and is considered one of the top self-improvement teachers in the world. Here's what he has to say about change.

"Change is inevitable. Progress is optional."

You no doubt understand the first part of that quote. You've often had no control over some negative change in your life. Perhaps you even tried to keep a wonderful situation from changing. Alas, the change happened anyway, and it wasn't good.

This brings us to the second part of that quote. What did you do? It's a simple question, but your answer can literally dictate the rest of your life.

What did you decide to do when you suffered a setback in life? What was your choice after a terrible loss, a life-changing failure, or some crushing event? Did you decide to give up? Or did you choose instead to get up, brush yourself off, and move forward despite the enormity of your misfortune?

Your choice in the face of massively negative change will dictate whether you make forward progress or not. Difficulties are inevitable in life. Obstacles will appear out of nowhere on your path to achieving a goal or living a happy life.

When you encounter those difficulties, will you let them get the better of you? Will you decide instead to get up and keep going, making progress no matter how much work is required?

The person with unbreakable resilience always chooses progress over complacency in the face of even the most terrible troubles.

That's what we want to help you achieve today, the ability to bounce back quickly from the inevitable difficulties life will deliver. You will learn what resilience is, the benefits of this powerful character trait, and what can happen if you don't have the mental toughness to recover from significant setbacks.

We'll share a nine-part system for manufacturing unbreakable resilience and persistence.

This isn't something you have to be born with. The grit and determination needed to rise above any downfall or stumbling block can be learned. There are proven steps to help you develop a tough and resilient state of mind to recover from hardship, stick to your goals, and adapt positively to an ever-changing world.