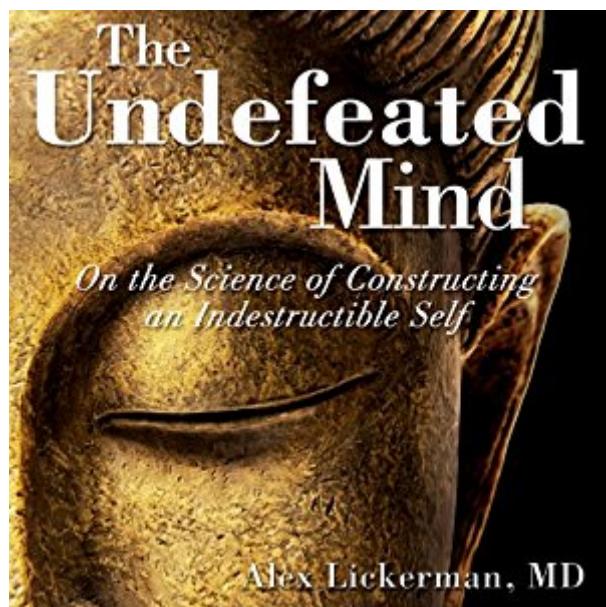


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# The Undefeated Mind: On The Science Of Constructing An Indestructible Self



## Synopsis

Legions of self-help authors rightly urge personal development as the key to happiness, but they typically fail to focus on its most important objective: hardness. Though that which doesn't kill us can make us stronger, as Nietzsche tells us, few authors today offer any insight into just how to springboard from adversity to strength. It doesn't just happen automatically, and it takes practice. New scientific research suggests that resilience isn't something with which only a fortunate few of us have been born, but rather something we can all take specific action to develop. To build strength out of adversity, we need a catalyst. What we need, according to Dr. Alex Lickerman, is wisdom - wisdom that adversity has the potential to teach us. Lickerman's underlying premise is that our ability to control what happens to us in life may be limited, but we have the ability to establish a life-state to surmount the suffering life brings us. The *Undefeated Mind* distills the wisdom we need to create true resilience into nine core principles, including:

- A new definition of victory and its relevance to happiness
- The concept of the changing of poison into medicine
- A way to view prayer as a vow we make to ourselves
- A method of setting expectations that enhances our ability to endure disappointment and minimizes the likelihood of quitting
- An approach to taking personal responsibility and moral action that enhances resilience
- A process for managing pain - both physical and emotional - that enables us to push through obstacles that might otherwise prevent us from attaining our goals
- A method of leveraging our relationships with others that helps us manifest our strongest selves
- Through stories of patients who have used these principles to overcome suffering caused by unemployment, unwanted weight gain, addiction, rejection, chronic pain, retirement, illness, loss, and even death, Dr. Lickerman shows how we too can make these principles function within our own lives, enabling us to develop for ourselves the resilience we need to achieve indestructible happiness.

At its core, *The Undefeated Mind* urges us to stop hoping for easy lives and focus instead on cultivating the inner strength we need to enjoy the difficult lives we all have.

## Book Information

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## Customer Reviews

Excellent book. The examples used were great. Although I personally could not relate to all examples it still allows the reader to understand, perhaps, what other people may be struggling with in life. This book definitely opened my eyes. Well done Alex... you are a great author. Up there with Robert Greene. Thank you!

This is a pleasant and comfortable mix of science and Nichiren BudHedhism. It is packed with good information, including "case study" examples, and is well-worth reading and studying and practicing.

I have read more self-improvement books than I can count. This has resonated more strongly with me than any other. While philosophical in tone (which I enjoy but others may not) the author encourages consistently throughout the book that the reader take personal responsibility and take action. The very act of doing something vs rumination and analysis paralysis seems obvious but, as the author acknowledges, we often fail to appreciate that it can be the catalyst to managing (if not banishing) fear and moving forward. As another reviewer noted, the author's level of compassion is very high and this was comforting and motivating to me as I read the materials. I am committed to not being defeated as I move through life's struggles and obstacles more strongly equipped than I was before reading this.

I've subscribed to the author's blog - happiness in this world - for a few years now, and have also recommended it to others. I've also read a lot of self-help books over the years. And I disagree with the "most helpful" critical 3-star review that found it repeated many other self-help book ideas. I found Alex's book to be particularly insightful about how to adopt certain ideas and philosophies to help one Get Through Life with a minimum of (needless) suffering. I think this book would be very useful for both high school and/or college grads - as well as for folks who are dealing with any kind of transition or loss - divorce, unemployment, poor health/disease, death of a loved one. As the author says, life is a story we tell ourselves. Let's make it a good one. Because - as I say - if you don't enjoy your life, who will?

A lot of the things it talks about I can say is true from my perspective because I have little experience with it although little I understand the concepts. With the new things that came my way I would like to say that the Buddhism chanting would not be something I've ever tried but not stopping to try it and putting that away. The stories feel real and the lessons very fair and life building. It's a very good book.

this book presents the results of academic psychological research, combined with words of wisdom from Buddhist teachings, in an accessible and highly readable format. There are no simple recipes , but a vast amount of food for thought and strategies which have proven useful in helping people develop resilience and overcome great difficulties in life.

This book contains advice on how to deal with problems in your life. Dr. Lickerman relates the stories of 9 of his patients with the names changed to protect the innocent or whatever. Dr. Lickerman is a practicing Buddhist and uses the teachings of his particular sect of Buddhism to help people out. Now western science has advanced enough to support the teachings scientifically.

Not my favorite read on Nichiren Buddhism

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