

Resilience Books

Compiled by the Adrienne Arsht-Rockefeller Foundation Resilience Center

- The Champion's Mind: How Great Athletes Think, Train, and Thrive***
Jim Afremow
- Building Resilience: Social Capital in Post-Disaster Recovery***
Daniel Aldrich
- We Fed an Island***
José Andrés
- I Know Why the Caged Bird Sings***
Maya Angelou
- Tears of Salt: A Doctor's Story***
Pietro Bartolo; Lidia Tilotta
- Coming Back Stronger: Unleashing the Hidden Power of Adversity***
Drew Brees
- The Greatest Generation***
Tom Brokaw
- The Boys in the Boat***
Daniel James Brown
- Island of Hope, Island of Tears***
David Brownstone; Irene Frank; Douglass Brownstone
- The Fighters***
C.J. Chivers
- The Resilience Advantage: Stop Managing Stress and Find Your Resilience***
Richard Citrin; Alan Weiss
- Life in Motion: An Unlikely Ballerina***
Misty Copeland
- Operation Thunderbolt***
Saul David
- The Day the World Came to Town: 9/11 in Gander, Newfoundland***
Jim DeFede
- Maiden***
Tracy Edwards; Tim Madge
- Notes on a Shipwreck***
Davide Enia
- The Diary of a Young Girl***
Anne Frank
- A Body of Work: Dancing to the Edge and Back***
David Hallberg
- Emotional Intelligence: Resilience***
Harvard Business Review
- Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness***
Rich Hanson; Forrest Hanson
- Resilience: Why Things Bounce Back***
Anne Marie Healy; Andrew Zoll
- Unbroken: A World War II Story of Survival, Resilience, and Redemption***
Laura Hillenbrand
- Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance***
Alex Hutchinson
- The Big Ones: How Natural Disasters Have Shaped Us (and What We Can Do About Them)***
Lucy Jones
- Surviving the Extremes***
Kenneth Kalmer
- American Dunkirk: The Waterborne Evacuation of Manhattan of 9/11***
James Kendra; Tricia Wachtendorf
- Endurance: A Year in Space, A Lifetime of Discovery***
Scott Kelly
- Endurance***
Alfred Lansing
- Isaac's Storm: A Man, A Time, and the Deadliest Hurricane in History***
Erik Larson
- Eyes Wide Open***
Isaac Lidsky
- Long Walk to Freedom***
Nelson Mandela
- Call Sign Chaos: Learning to Lead***
Jim Mattis; Bing West
- Cast Away: True Stories of Survival from Europe's Refugee Crisis***
Charlotte McDonald-Gibson
- Resilience: Faith, Focus, Triumph***
Alonzo Mourning; Dan Wetzel
- The Displaced: Refugee Writers on Refugee Lives***
Viet Thanh Nguyen
- Find a Way: The Inspiring Story of One Woman's Pursuit of a Lifelong Dream***
Diana Nyad
- The Impossible First: From Fire to Ice - Crossing Antarctica Alone***
Colin O'Brady
- Taking the Helm***
Dawn Riley; Cynthia Flanagan
- The Unthinkable: Who Survives When Disaster Strikes - and Why***
Amanda Ripley
- Alone on the Ice: The Greatest Survival Story in the History of Exploration***
David Roberts
- One Hundred Victories: Special Ops and The Future of American Warfare***
Linda Robinson
- The Survivors Club: The Secrets and Science that Could Save Your Life***
Ben Sherwood
- The Land Between Two Rivers: Writing in an Age of Refugees***
Tom Sleigh
- Elizabeth the Queen: The Life of a Modern Monarch***
Sally Bedell Smith
- A Paradise Built in Hell: The Extraordinary Communities that Arise in Disaster***
Rebecca Solnit
- My Beloved World***
Sonia Sotomayor
- Clutch: Excel Under Pressure***
Paul Sullivan
- Antifragile: Things that Gain from Disorder***
Nassim Nicholas Taleb
- The Man He Became: How FDR Defied Polio to Win the Presidency***
James Tobin
- Night***
Elie Wiesel
- My Life: Queen of the Court***
Serena Williams
- Endurance***
Frank Worsley
- I am Malala***
Malala Yousafzai