

READ THIS BOOK TO GO FROM:
Change-resistant to **change-ready**
Failure-prone to **failure-proof**
Thin-skinned to **thick-skinned**
And anxious to . . . **AWESOME**



NEIL PASRICHA (pass-REACH-ah) thinks, writes, and speaks about intentional living.

www.neil.blog
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PRAISE FOR
NEIL PASRICHA

“Dale Carnegie was last century. Stephen Covey was last decade. Neil Pasricha is what’s now.”
—**SUSAN CAIN**, author of *Quiet*

“With simple effortlessness, Neil renders complex ideas easily memorable and everyday practical.”
—**COL. CHRIS HADFIELD**, former commander of the International Space Station and author of *An Astronaut’s Guide to Life on Earth*

“When Neil Pasricha speaks, leaders of all levels and backgrounds stop what they’re doing . . . and listen.”
—**HOWARD BEHAR**, former president, Starbucks

“Neil is a rock star! He visited the Googleplex, and you could hear a pin drop when he was speaking. Many said he was the best speaker we’ve had!”
—**RACHAEL O’MEARA**, Google

“No one knows awesome like Neil Pasricha.”
—**GRETCHEN RUBIN**, author of *The Happiness Project* and *Outer Order, Inner Calm*

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NEIL PASRICHA
YOU ARE AWESOME

GALLERY
BOOKS

NEIL PASRICHA
The *New York Times* million-copy bestselling author of
The Book of Awesome and *The Happiness Equation*

YOU ARE
AWESOME

How to Navigate Change,
Wrestle with Failure, and
Live an Intentional Life

\$24.99 U.S.

Simple Lessons, Stronger Life

We are lucky. For most of us, famine, plague, economic depression, and other life-threatening catastrophes are the stuff of history books.
We’re living in an era with the highest-ever rates of longevity, education, and wealth. Cars drive us home as our phones entertain us before we arrive to food delivered to the front door. We have it all!
But there’s just one side effect. We no longer have the tools to handle failure . . . or even perceived failure. When we fall, we lie on the sidewalk crying. When we spill, we splatter. When we crack, we shatter.
We are turning into an army of porcelain dolls. A rude email from the boss means calling in sick. Only two likes on our post means we don’t have friends. Cell phones show us we’re never good enough. Yesterday’s butterflies are tomorrow’s panic attacks. Record numbers of students have clinical anxiety. And what about depression, loneliness, and suicide?
All rising!
What do we desperately need to learn? RESILIENCE. And we need to learn it fast.

Read *YOU ARE AWESOME* to learn:

- The single word that keeps your options open after failure (Page 23)
- What every commencement speech gets wrong (Page 147)
- 3 ways to dramatically accelerate your ability to learn and adapt (Page 151)
- The 2-minute morning practice that helps eliminate worry (Page 181)
- Why you need an Untouchable Day (and how to get one) (Page 223)
- and much, much more . . .

Because the truth is, you really are awesome.