

# Make Your Bed

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Emne \_ Tags: [#Livet](#) [#Bok](#)

## Make Your Bed

Author / Forfatter: [Admiral William H. McRaven](#)

Type / Sjanger: [#Nonfiction](#)

Rating (1-5 der 5 er best.): 3

Medium: [#Kindle](#)

Status: [Lest](#)

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Link: <https://www.goodreads.com/book/show/34801982-make-your-bed>

Omtale: A Navy Seal shares ten life-changing principles he learned during his training and career that can inspire and empower individuals to make a difference in the world, starting with the simple act of making their bed.

### Notes / Highlights: [Make Your Bed](#)

In life you will face a lot of Circuses. You will pay for your failures. But, if you persevere, if you let those failures teach you and strengthen you, then you will be prepared to handle life's toughest moments. — location: [366](#)

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Life is a struggle and the potential for failure is ever present, but those who live in fear of failure, or hardship, or embarrassment will never achieve their potential. Without pushing your limits, without occasionally sliding down the rope headfirst, without daring greatly, you will never know what is truly possible in your life. — location: [444](#)

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If you want to change the world... be your very best in the darkest moments. — location: [500](#)

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At some point we will all confront a dark moment in life. If not the passing of a loved one, then something else that crushes your spirit and leaves you wondering about your future. In that dark

moment, reach deep inside yourself and be your very best. CHAPTER NINE Give People Hope — location: [548](#)

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“If you quit, you will regret it for the rest of your life. Quitting never makes anything easier.” — location: [645](#)

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If you can't do the little things right, you will never do the big things right. — location: [723](#)

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#1 *New York Times* Bestseller

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ADMIRAL

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WILLIAM H. McRAVEN

*(U.S. Navy Retired)*

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MAKE  
YOUR  
—BED—

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LITTLE THINGS THAT CAN  
CHANGE YOUR LIFE  
...AND MAYBE THE WORLD

***Struggling to find structure? Finding yourself lacking motivation?***

**Start by making your bed.**

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**"A book to inspire your children and grandchildren to become everything that they can" *The Wall Street Journal***

**Referanser:**