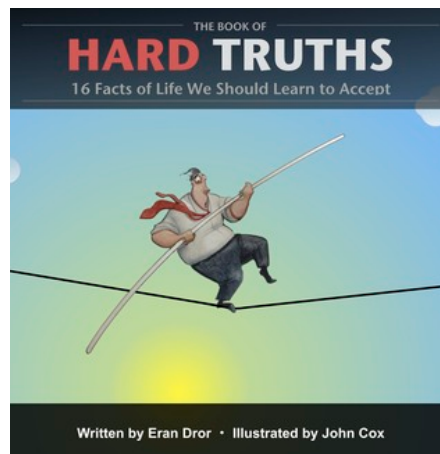




The Book of Hard Truths: 16 Facts of Life We Should Learn to Accept

Eran Dror , John Cox (Illustrations)

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Uncertainty. Vulnerability. Death. Hard Truths have a secret power over us: We'd rather ignore them. Like a virus in our mental software, they operate on the seams that bind the rational and the emotional, and that's where they trap us. By running away we become their slaves. Only by accepting them can we become free. This book is an attempt to help you confront these realities of life. It catalogues some of the most universally known but universally resisted Hard Truths in a fun and non-threatening format. Like a pre-flight checklist, it will help you review these truths whenever you need to. Accepting them fully? That's entirely up to you.

The Book of Hard Truths: 16 Facts of Life We Should Learn to Accept Details

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From Reader Review The Book of Hard Truths: 16 Facts of Life We Should Learn to Accept for online ebook

Kara Lane says

I really liked the uniqueness of *The Book of Hard Truths*. The premise is that there are 16 "truths about life" that we should accept, rather than resist, in order to be free. The book is beautifully illustrated, and the format is more like a guide.

On each page, a "truth" is identified & explained. Then there's a short list of questions to "ask yourself" about the truth. In the "How to Proceed" section, there are one or more recommended books to read. At the bottom of each page there's a statement about the truth in the format: You can't xxx, but you can yyy. For example, truth #6 (You can't do it all) concludes by saying, "You can't do everything in this life, but you can learn to take pride in saying no and have plenty of time for what really matters."

While I didn't agree with all 16 "hard truths," I did find them thought-provoking. This is a very quick read, which lends itself to being re-read from time to time to remind us to face our fears rather than fight them.

Good read!

Nataly says

Really charming book that puts a humorous twist on some seriously difficult things.
I particularly struggle with the Hard Truth #1 - You're going to die...
We always need new ways to deal with these difficult facts.

I would have loved to see more about the process of accepting these truths, and the personal experiences and thoughts of the author in this path, like in this blog post:

Why I Wrote Hard Truths

Tom Duff says

Eran Dror

This may be one of the shortest life-examining books I've ever read... *The Book of Hard Truths: 16 Facts of Life We Should Learn to Accept* by Eran Dror. It's less than forty pages, and it's not happy, happy, joy, joy material. However, these truths all come with a silver lining that can improve how you experience life.

The sixteen facts are formatted with one fact per two facing pages. The left side has an illustration that humorously (and accurately) captures the truth being discussed. The opposite page has the text, which lists

the cold hard fact, what it means, what it can mean once you accept it, three questions to ask yourself, and an additional resource you can read to find out how best to deal with the truth to make your life better.

Just taking fact #1 as an example... "You're going to die." The title **does** say "hard truths"... "Let's stop to really consider what this means. In just a few short decades everything that you are will cease to exist. Your body, good looks, thoughts, and memories will all be gone, and gone forever." (Note to review readers: I know this may not square with your religious beliefs, but the bottom line is that your life here on earth **will** end.) But the content ends with this: "You can't live forever, but you can make the most out of the time you have left." This can't/can relationship is what pulls all the truths from major depressive fact to something that can free you up to do the things that matter to you.

This will take you (not counting the additional resources) less than fifteen minutes to read. But if you really think about what you just read, it'll last far longer than that. If you have the chance to read The Book of Hard Truths, I'd recommend doing so.

Disclosure:

Obtained From: Author

Payment: Free

Jared Lundholm says

This book will make you look internally and ask yourself some good questions.

Eran Dror says

Oh no. I'm not rating my own book! :-)
