

Do Hard Things

By Alex Harris

Review by: Robert Fernandez, 42

Star Teen Book Reviewer of Be the Star You Are! Charity

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We all need inspiration in our lives. And that's regardless of gender, race, economic class or even age group. In *Do the Hard Things* by Alex Harris, we learn how taking on big challenges in life is what makes us stronger and achieve more. In this inspiring read, Harris describes how our society has already built specific expectations for our futures, based on many of the factors previously mentioned (gender, race, age, etc.). But we're capable of achieving most anything if we don't limit ourselves and embrace the difficult parts of life and take them on as a challenge. As in the end, these challenges will make us realize our full potential and achieve goals we previously never thought possible.

Harris does an excellent job of combining his own personal experiences, studies, and research into practical advice that can be useful for someone of any age. It's especially useful and motivational for teenagers, as the human mind at that age is ripe for learning how things are done. And at this age we develop skills that may endure for a lifetime, whether they be positive skillsets or negative habits. So it's important for us to learn and develop the mental mindset of not being afraid of the various challenges in life, but instead embracing them for how much we'll learn from them.

The book is easy to read; centered around 5 basic principles that serve as the foundation for keeping readers engaged. It's about learning how to step outside of our comfort zones and trying new things, as scary as they may seem at first. Harris keeps a positive tone throughout the book and includes relatable stories that make it easy for young adults to understand. But most importantly, it provides the lessons necessary for creating motivation in taking on the hardest hurdles in life. Would highly recommend this book for any teenager or young adult who would like to learn ways in which to ultimately find success in life.

Recommended Titles:

Boosting Mental Toughness, by F.C. Ramirez

Building Unstoppable Self-Confidence, by Derek T. Freeman

Do the Hard Things First, by Scott Allan