



The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph

Ryan Holiday

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"The impediment to action advances action. What stands in the way becomes the way." (Marcus Aurelius)

We are stuck, stymied, frustrated. But it needn't be this way. There is a formula for success that's been followed by the icons of history - from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs - a formula that let them turn obstacles into opportunities. Faced with impossible situations, they found the astounding triumphs we all seek.

These men and women were not exceptionally brilliant, lucky, or gifted. Their success came from timeless philosophical principles laid down by a Roman emperor who struggled to articulate a method for excellence in any and all situations.

This book reveals that formula for the first time - and shows us how we can turn our own adversity into advantage.

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