

FUEL Milwaukee Bootcamp: Guillermo Gutierrez Recommendations

Books

Option B: Facing Adversity, Building Resilience, and Finding Joy — Sheryl Sandberg & Adam Grant A deeply personal and research-backed exploration of how to rebuild after loss. Sandberg's lived experience paired with Grant's psychology expertise makes this both relatable and actionable.

Resilience: The Science of Mastering Life's Greatest Challenges — Steven Southwick & Dennis Charney Written by experts in trauma and resilience, this book describes ten key resilience factors — including facing fear, optimism, and relying on role models — through the experiences of highly resilient survivors, combining cutting-edge research with personal stories. [Barnes & Noble](#) Highly practical and thoroughly credible.

Grit: The Power of Passion and Perseverance — Angela Duckworth Explores the psychology of achievement and reveals that true success comes from passion and perseverance — qualities that can be developed and strengthened over time through deliberate practice and the right mindset. [Ricvandett](#)

Rising Strong — Brené Brown Offers a research-based approach to getting back up after failure, emphasizing the importance of vulnerability and courage in the resilience-building process. [Ricvandett](#)

The Upside of Stress — Kelly McGonigal, PhD Proves that undergoing stress is not bad for you — it's believing that stress is bad for you that makes it harmful. Combines exciting new research on resilience and mindset. [Five Books](#) McGonigal is a Stanford health psychologist, lending strong credibility.

Videos / TED Talks

"The Three Secrets of Resilient People" — Lucy Hone (TED) Hone hasn't just studied resilience but has put her knowledge to practice, too. [Cezanne HR](#) After losing her daughter in a car accident, she applied her research to her own grief — making this talk unusually powerful and practical. She shares three concrete strategies anyone can use.

"Grit: The Power of Passion and Perseverance" — Angela Lee Duckworth (TED) Drawing from her research, she shares how cultivating grit can lead to extraordinary outcomes — a cornerstone for understanding how to build mental strength. [Leader's Cut](#)

"How to Make Stress Your Friend" — Kelly McGonigal (TED) One of the most-watched TED talks ever, from a Stanford psychologist who changed her own stance on stress based on compelling research. Practical and paradigm-shifting.

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"The Habits of Mentally Strong People" — Amy Morin (TED) Therapist Amy Morin explores the impact of harmful beliefs on mental strength and dives into exactly how we can retrain our brains to more proactively counteract stress. [Cezanne HR](#)

 **Articles**

"Building Resilience" — Martin Seligman, *Harvard Business Review* (2011, updated) From the "father of positive psychology," who spent three decades researching failure, helplessness, and optimism. He developed a resilience program originally tested by the U.S. Army — and draws out lessons applicable to anyone. [Harvard Business Review](#) A foundational, credible read.

"The Secret to Building Resilience" — Rob Cross, *Harvard Business Review* Based on in-depth interviews with 150 leaders, this article reframes resilience not as a purely individual trait but as something heavily enabled by strong relationships and networks — a perspective that often surprises people and sparks real reflection. [Harvard Business Review](#)

"5 Ways to Boost Your Resilience at Work" — Rich Fernandez, *Harvard Business Review* Covers mental agility, response flexibility, and compassion as core resilience skills — practical strategies grounded in the author's work at Google, eBay, and JP Morgan Chase. [Wisdomlabs](#)

"Resilience Is About How You Recharge, Not How You Endure" — *Harvard Business Review* A short, punchy article that challenges the common assumption that resilience means pushing through. Makes a compelling case for recovery as a resilience skill — very accessible for workshop follow-up.