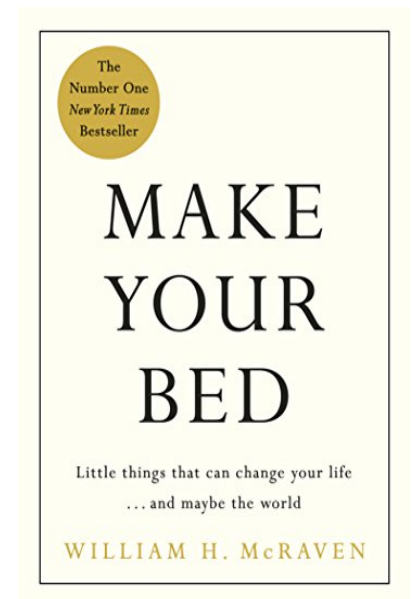


# Make your Bed Book Summary (PDF) by William H. McRaven

Ready to learn the most important takeaways from Make your Bed in less than two minutes? Keep reading!



## Why This Book Matters:

Written by the retired US Navy Admiral William H. McRaven, *Make your Bed* is a personal memoir of ten life lessons that the distinguished US Navy veteran learned throughout his service life.

## The Big Takeaways:

1. **Don't judge a book by its cover, including humans.**
  1. If Don't judge anyone by their looks, and don't expect life to be fair; be up for challenges and keep marching forward.
2. **Being strong for yourself and others is the trait of a remarkable person.**
  1. It only takes one influential person to uplift the morale of an entire group. That's the person William wishes for everyone to be.
3. **Learning from failures and taking up new challenges is**

**the only way forward.**

1. Failure is an essential part of resolved determination and courage, not an excuse for blame and depression.

**4. Be the best always. Be better when things get hard.**

1. The author recounts an incident during his Navy SEAL training where he and his teammates survived a life-threatening training routine.

**5. Making your bed correctly the first thing in the morning kickstarts a productive and useful day.**

1. It may seem very insignificant, but making your bed teaches you to have a successful life.

## **Want To Keep Reading?**

1. Read A Longer Form Summary on Blinkist
2. Buy The Book on Amazon
3. Listen To The Audiobook

## **Watch A Video Summary:**

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