

## The Way Forward

by O'NEILL, ROBERT

The Way Forward

American Sniper meets Make Your Bed in these life lessons from decorated United States service members and New York Times bestselling authors Robert O'Neill and Dakota Meyer an in-depth, fearless, and ultimately redemptive account of what it takes to survive and thrive on battlefields from Afghanistan and Iraq to our daily lives, and how the perils of war help us hold onto our humanity.

The Way Forward presents O'Neill and Meyer's philosophy in combat and life. This isn't a book about the glory of war and combat, but one about facing your enemies, some who are flesh and blood and some that are not, Your thoughts. Your doubts. Your boredom and your regrets. From Rob's dogged repetition at the free throw line of his childhood basketball court to Dakota's pursuit of EMT and firefighter credentials to aid accident victims, these two American heroes turn their experiences into valuable lessons.

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