



Rebounders: How Winners Pivot from Setback to Success

Rick Newman

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Let's face it: Setbacks happen, and failure is always a possibility. But here's the good news: Amazing success has been achieved by people who once fell flat on their faces. The secret lies in how we respond to life's bumps and pot holes and unwelcome detours—from getting fired or losing a business to enduring a professional rejection or pursuing a passion that fails to pan out. Misfortune, it turns out, can be a springboard to success.

In *Rebounders*, *U.S. News & World Report* journalist Rick Newman examines the rise and fall—and rise again—of some of our most prolific and productive figures in order to demystify the anatomy of resilience. He identifies nine key traits found in people who bounce back that can transform a setback into the first step toward great accomplishment. Newman turns many well-worn axioms on their head as he shows how virtually anybody can improve their resilience and get better at turning adversity into personal and professional achievement.

- **Setbacks can be a secret weapon:** They often teach vital things you'll never learn in school, on the job, or from others.
- **There are smart ways to fail:** Once familiar with them, you'll be more comfortable taking risks and less discouraged if they don't pan out.
- **"Defensive pessimism" trumps optimism:** Planning for what could go wrong is often the best way to ensure that it doesn't.
- **Know when to quit:** Walking away at the right time can free the resources you need to exploit better opportunities.
- **"Own the suck":** When faced with true hardship, taking command of the pain and sorrow—rather than letting it command you—lays the groundwork for ultimately rising above it.

Each lesson is highlighted by candid and inspiring stories from notable people, including musician Lucinda Williams, tennis champ James Blake, inventor Thomas Edison, army veteran and double-amputee Tammy Duckworth, and Joe Torre, former manager of the New York Yankees.

In this uncertain and unstable time, *Rebounders* lays out the new rules for success and equips you with the tools you need to get ahead and thrive.

Rebounders: How Winners Pivot from Setback to Success Details

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Yy says

I won this book for free through Goodreads First Reads. Hope to read it soon. Thanks.

Kwang Wei Long says

inspirational book for people who is going through a rough patch to find the light and the end of the tunnel. This book offers a glimmer of hope and it identifies traits of these rebounders that maybe you can see in yourself or develop into it.

Carl Thompson says

Feeling sorry for yourself? Not sure you'll ever make it? Do you feel like you've reached a dead end and don't know how to get out? Rebounders will give you some inspiration, direction and clarity. It's full of real life examples of people who have succeeded, several of whom with you would be familiar. What makes these success stories interesting, however, is that each person had to overcome self-doubt, business failures, a lack of direction, an unwillingness to let go, etc. to achieve their success.

The book is generally enjoyable and interesting to read and is written in a style that is a combination of psychology, biography, inspiration and storytelling. Sometimes it gets a little clunky or forced, but that may be because the author is trying to weave so many diverse examples into the book. On the other hand, he does a good job of tying the examples back to the central theme: what is a rebounder; what are the traits of a rebounder, even when two examples seem completely opposite; and, how one can become more like a rebounder and less like a wallower.

I recommend Rebounders as a worthy read, especially if you want or need some insight or perspective; or, simply a guide to help lead forward to that next place in your life.

Seema Rao says

An adequate advice book with commonly shared stories, like the life of Sam Walton, highlighting the ways that successful people can become resilient. If you are short on time, read solely the last chapter.

Brian Morin says

Good stories about people who came back or bloomed late. Very motivational to hear some of the stories, especially during these times. Loved them all. Didn't buy any of his gobble-de-gook about how to become a

rebounder, but loved the stories.

Rusty Fischer says

I won this book in a Goodreads contest and was really happy to do so because, as a writer myself, the title and dust jacket blurb really resonated with me. I wasn't disappointed. Powerful messages, blunt reminders and advice mixed with entertaining and revealing anecdotes helped make this a quick and enlightening read.

Cheryl says

Initial Reaction: That was motivating. Can I just go do something awesome now? When things aren't going my way, I'll just think of this book. Nice one, Mr. Newman.

In Rick Newman's Rebounders: How Winners Pivot from Setback to Success, being a 'Rebounder' can be a great thing! With stories from firsthand interviews and personal anecdotes, Newman shows that how we respond to adversity determines our future. Rick Newman, a journalist for *U.S. News & World Report*, lays out new rules for success and gives you the tools you need to get ahead and achieve greatness. *Misfortune can be a springboard to success.*

Wallower. LOL.

I had a ton of fun reading this book, but for me, it was more of a collection of inspirational short stories than a guide or a "how-to" book. The phrase 'easier said than done' pops into my head. It wasn't until the final chapter where we see exactly what a 'Rebounder' is. Even in the first chapter, "What Makes A Rebounder," the only information I really took from that was the importance of *resilience*, which isn't a bad thing. I was just expecting a little more. The last chapter, which identified the nine attributes, was very detailed in explaining what the attributes are and giving real life examples.

Rick Newman is a phenomenal story-teller. When a new anecdote began, I was swept up into this new world, in a different place, at a different time, and I came out feeling inspired. There are dozens of stories, plenty to keep you on your toes, wanting more. I'll probably read this book again. I just had a ton of fun with it, and I learned a little history as well! Yes, a few times, it did seem like I was in History 101, but I didn't mind, because Newman focused on the motivational part of the story, rather than the history. Good times.

*A great thank you to **Ballantine Books of Random House Publishing Group** and **The First Reads Program** for the amazing opportunity to read and review Rebounders! You're awesome.*

Book says

Rebounders: How Winners Pivot from Setback to Success by Rick Newman

"Rebounders" is a good collection of stories from successful people who have been labeled rebounders for their ability to bounce back from adversity. U.S. News & World Reporter and a frequent TV and radio commentator and a rebounder of sorts himself, Rick Newman brings the readers an eclectic list of rebounders. The book was fun to read and includes some interesting stories but lacks name recognition and science to support the keys behind the rebounders success. This entertaining 257-page book is composed of the following fourteen chapters: 1. What Makes a Rebounder, 2. The Elements of Persistence, 3. When Hardship Is a Privilege, 4. The Dangers of Optimism, 5. How Passion Misleads, 6. When to Quit, 7. When Hard Work Isn't Enough, 8. The Bright Side of Burnout, 9. How to Improvise, 10. What Could Go Wrong, 11. What Trumps Passion, 12. Own the Suck, 13. From Wallower to Rebounder, and 14. The Nine Attributes of Rebounders.

Positives:

1. A well-written, narrative driven collection of stories of rebounders.
2. An eclectic list of rebounders.
3. The four important discoveries from the author.
4. The distinctions between Rebounders and Wallowers.
5. Throughout the book the author drops core strengths or traits of rebounders. " Resilience is the core strength of a Rebounder."
6. Interesting insight on success, " We tend to think that success comes from natural gifts like intelligence or talent, but the connection isn't nearly as strong as it might seem. Renowned psychologist Howard Gardner has shown that the most widely understood form of intelligence—the kind measured on an IQ test—accounts for only about 20 percent of what makes people successful."
7. Covers rebounders from all walks of life and eras. "Benjamin Franklin, America's first self-help guru, ran away from his parents in Boston at the age of seventeen, finding work as an apprentice for a dim-witted Philadelphia printer."
8. The persistence of Thomas Edison. " Edison cultivated failure in his hundreds of laboratory experiments, because he knew that rich learning—and sometimes, major commercial breakthroughs—came from studying mistakes and capitalizing on them."
9. The advantages of hardship. "Bogle became a breakthrough Rebounder because he continually created advantages for himself and shunned the unproductive behavior that leads to stagnation."
10. Passion in perspective. "The dangerous myth about passion is that if you love something intensely enough, you'll be successful at it."
11. Key skills. "Westergren sees adaptability and self-sufficiency as core survival skills likely to become more valuable, not less."
12. Hard work and burnout. "There's no formulaic answer, and people handle burnout in personalized ways, just as they handle any other kind of stress."
13. The importance of focus. "Rebounders often bounce back by channeling their efforts into things they can control, and by learning not to waste their energy on things controlled by others—especially by people with

petty or manipulative agendas."

14. Improvisation. "To be successful and turn change to their advantage, many twenty-first-century Americans will have to move quickly from one field to another, without much of a map to guide them."

15. The story behind Netflix's Reed Hastings was my favorite. "Since founding the video-rental firm in 1997, Hastings had built it into a powerhouse that changed the way people rented and watched movies and drove its top competitor, Blockbuster, into bankruptcy."

16. Time and desire. "Thomas Keller obviously has many things in common with other Rebounders, and to his own mind, the most important quality of people trying to accomplish difficult things is desire."

17. The interesting story of Captain Tammy Duckworth and the concept of "Own the Suck".

18. The story of how Joe Torre went from Wallower to Rebounder.

19. The nine attributes of rebounders.

20. Notes.

Negatives:

1. If you are expecting a how-to-rebound book this is not quite it. It's much more about the stories from rebounders.

2. Limited use of social science/psychology and as far as I can recall no neuroscience to get behind the mindset of a rebounder.

3. It's an eclectic list of rebounders for sure and it includes people from all walks of life and from different eras but lacks that star quality expected in books of this ilk.

4. Did not link up to notes. Shame.

5. No formal bibliography.

In summary, an easy book to pick up and read through the interesting success stories of rebounders. The stories are interesting but the book lacks the meat of science to give readers insight into the mindset of a rebounder. Fun to read, but lacking some substance. Average to good book.

Further suggestions: "Drive: The Surprising Truth about What Motivates Us" by Daniel H. Pink, "The Power of Habit" by Charles Duhigg, "Good Strategy Bad Strategy" by Richard Rumelt, "Quiet" by Susan Cain, "Outliers" and "The Tipping Point" by Malcolm Gladwell, "Switch" by Dan and Chip Heath, and "Power" by Jeffrey Pfeffer.

Fran says

Not quite what I thought it was going to be. Luckily I enjoy biographies as well, because basically that is what this book is. A bunch of biographies about people who rebounded.

The author didn't bring all the characteristics of Rebounders together until the last chapter and there was new information. Get past failures, our your mistakes, learn from them, and know your weaknesses and continue to educate yourself. Again, not news.

Sravanthi says

...Impressive!. At first I thought this is too much to read, but as I flip through pages, It was a very interesting read about people from varied fields and how they overcome their setbacks and move forward. This book is a

collection of inspirational stories, talks about qualities that differentiate an extra ordinary from ordinary way of thinking. Although, the author makes it clear that these traits may or may not apply to everyone, he sure assures that, instead of complaining/blaming on others and situations, but focusing the same energy onto something they could be proud of in the future is worth doing.

Those 9 points he finalizes at end of the book ain't convincing enough /interesting to the reader, may be he could have put bit effort in revising it over again.

Taylor Ellwood says

In this book, Newman discusses the characteristics of the rebounder, a person who is able to take failure and turn it into success by learning from it. Newman uses over nine case studies to demonstrate how various people have rebounded from failures and mistakes to become successful in their fields, while highlighting the mental skills and tools that are necessary to accomplish this. I found the stories to be inspiring and useful for helping me see how I could become a better rebounder.

Chris Craddock says

What doesn't kill me makes me stronger, April 28, 2012

Author Rick Newman was struggling as a journalist in an industry that was undergoing changes, downsizing, and laying off writers. Wanting to learn how to rebound from setbacks in his own career, he decided to write *Rebounders* and learn how winners pivot from setback to success. Soon Newman began to feel like a new man (sorry, I had to get that one out of my system. Been holding it in ever since I noticed the author's name). He researched *Rebounders* throughout history, such as Abraham Lincoln, Benjamin Franklin, and Thomas Edison. They all experienced setbacks before rebounding to success. Newman sought out rebounders from contemporary life and interviewed them. The insights gained make up his book, *Rebounders*.

Joseph Campbell told people to "follow their bliss" in a popular documentary series from the 80's called *The Power of Myth*. Newman questions this slogan, thinking it too easy to expect that you can just do what you love and success will automatically follow. Malcolm Gladwell wrote about the "10,000-hour rule" in his popular book, *Outliers*. People might draw the conclusion from this that if they follow their bliss and devote 10,000 hours to the task, they will become virtuosos and become rich and famous. Lucinda Williams is used as an example in a chapter called "When Passion Isn't Enough." Hearing Lucinda's music I would say she was a resounding success, but it wasn't without sacrifice, and she is more of a critical success, and she has a devoted cult following, but she's not such a commercial success. Still, she is quite the rebounder.

James Blake, tennis player, shows us that at times, hard work isn't enough. Tim Westergren is an example of knowing when to quit and change direction. He succeeded with online music company Pandora after several false starts in other careers. Reed Hastings, the CEO and founder of Netflix, learned from the mistakes--of others. Thomas Keller, top chef and founder of the French Laundry in Napa, and many other restaurants and food businesses, learned that passion ebbs and flows and sometimes it is not enough, but something he defines as desire is more constant. These and other folks share their stories with Newman and his readers in *Rebounders*.

Newman has distilled his insights and lessons into the following four things:

1. Setbacks can be a secret weapon.
2. Small adversities matter, just like big ones.
3. We're addicted to alluring shortcuts and incomplete slogans.
4. Optimism is overrated.

The Bottom Line is that *Rebounders* is an inspirational book that can help you pull yourself up by your bootstraps, but it doesn't offer any alluring but false shortcuts or incomplete slogans. There is a lot to learn from Newman's book and the *Rebounders* he has interviewed.

I will leave you with the words of Fredrich Nietzsche, who Newman describes as "that starchy German Philosopher," aphorism number eight from his 1895 book *The Twilight of the Idols*:

"What doesn't kill me makes me stronger."

Jennifer Wilson says

This book was both disappointing and a great read. The disappointment came because I expected it to be comprised of what was in the last chapter -- characteristics of "Rebounders". I expected a book filled with ideas of how to overcome setbacks and to be giving advice on how to make the best from a bad situation. So I was more than a little surprised that only a few pages were dedicated to this, almost as an after thought.

However, the book was a great read. Instead of learning how to turn your failures into successes, it was filled with examples of those who did just that. Before reading this book, I had only ever heard of Thomas Edison. However, I would love to read more about Tammy Duckworth. The chapter on her felt too short, and unlike some of the others profiled, I was left wanting to read more about her. In fact, I likely would have only given this book a three star rating if it wasn't for the chapter about her.

If you're wanting a how-to book, this isn't it. If you are looking for a book to sit down and read about those who have overcome adversity, this is your book.

Please note: I was a Goodreads First Reads winner for this book.

Amber says

3.5 stars. I like that the author chose to tell the tales of people who had overcome failure to find success in different fields, different ways, and different times. There is no "one size fits all" formula to success.

Different people succeed in different areas for different reasons. I think choosing to illustrate that is much more powerful than trying to sell people a magic step-by-step formula to success, because no such thing exists. While there were a few characteristics present among the different people whose stories are told here, the paths they took were not uniform by any means. If you are interested in reading short essays of different people who overcame adversity to succeed, you will enjoy this.

Cory says

I'm not sure that it helped me change my attitude, but the stories were interesting. And I feel like I picked up a few tips about working on projects.
