



F'd Up: The UPside of Failure

Tiana Sanchez, Tian M. Daniels

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F'd Up - The UPside of Failure provides insight into why some people view failures as opportunities, a necessary step toward success while others simply quit or have an aversion to the effort required to push through. In my first book, Undefeatable, the message is clear: failure is inevitable. Don't fear them. The upside to failure describes the lessons that emerge out of the failure and the new skills we acquire from them. Failures teach us critical thinking, creative problem-solving skills and effort (work required) and attitude (motivation). The upside of (unintentional) failure is the aftermath, the time of reflection and birthing new ideas. It's what we can learn about ourselves and specific skills that we can gain from that failure or unsuccessful experience. The upside is the "benefit of opening up a new pathway of unexplored strength and resolve which would have not otherwise been realized had we not experienced the failure in the first place.

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