

# Book Review by Musafir

## Option B: Facing Adversity, Building Resilience, and Finding Joy

Author: Sheryl Sandberg and Adam Grant

Publisher: Alfred A. Knopf (226 p.)

“To be blind is not miserable; not to be able to bear blindness, that is miserable.” - John Milton  
Clipper

“I think when tragedy occurs, it presents a choice. You can give in to the void, the emptiness that fills your heart, your lungs, constricts your ability to think or even breathe. Or you can try to find meaning. These past thirty days, I have spent many of my moments lost in that void. And I know that many future moments will be consumed by the vast emptiness as well. But when I can, I want to choose life and meaning.”-Sheryl Sandberg

The above quote from Ms. Sandberg, probably, sums up the message of her latest book, Option B. Her marriage to Dave Goldberg became a playbook for successful working women after the publication of her first book, Lean In. Her biggest career decision was marrying her partner, Dave. In Lean In Sandberg redefining gender roles.

Choosing the right partner is central to having it all for a career woman and she found one in Mr. Goldberg. She observed that most women at the top are married women whose husbands support their ambitions and take equal responsibility for making a home. She said that her great success (she is the chief operating officer of Facebook, which has made her a billionaire) would have been impossible without the unwavering support of her husband. Now, in the cruelest way, she had lost him.

Goldberg died suddenly while vacationing in Mexico with his wife Cheryl Sandberg in May 2015. Now, two years after Goldberg’s death, Sandberg has written a new book, Option B which

describes her grieving and recovery over past two years. “I have terrible news,” she told her children, after flying home from Mexico. “Daddy died.” What followed after that is a little uncomfortable but true. Sandberg is honest about her vulnerability. Her honesty and acceptance of infallibility makes the book worth reading.

Finally she turned in her misery to the psychologist Adam Grant, a friend who is an expert in the field of human resilience. She told him that her greatest fear was that her children would never be happy again. But what helped the situation most was her own inner strength and untutored responses to the tragedy. She knew what to do and what to say to her children. She knew how to comfort them.

The book also has a message to other women who may be less fortunate not having financial and social support that she has. There are three Ps that stunt recovery: personalization, pervasiveness, and permanence. We shouldn’t think everything is our fault. “Grief is the final act of love, and recovery from it is the necessary betrayal on which the future depends,” she writes. There is only this one



life, and we are the ones who are here to live it.

(To watch an interview of Ms. Sandberg with Fox 2 WJBK’s Roop Raj in Detroit, pl. click on this link:  
<https://www.facebook.com/RoopRajTV/videos/1669309059775935/>)