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“Grit requires the support of those who can sustain us. We don’t make it on our own.”



DR. NANCY SHERMAN
Author of *Stoic Wisdom & Stoic Warriors*

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Professor Nancy Sherman has spent decades working with military leaders on ethics, PTSD, moral injury, and suicide prevention. In this episode, she explains how an ancient philosophy can help service members and first responders work through traumatic experiences. She also discusses why community is so important for developing resiliency

and grit, and finally, why we all should try a little bit harder developing our empathy for others.

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About Nancy Sherman (@drnancysherman)

Dr. Nancy Sherman is a *New York Times* Notable Author. Her most recent book is *Stoic Wisdom: Ancient Lessons for Modern Resilience*. She is also the author of *Afterwar: Healing the Moral Wounds of our Soldiers*; *The Untold War: Inside the Hearts, Minds, and Souls of our Soldiers* a *New York Times* Editors' pick; *Stoic Warriors: The Ancient Philosophy Behind the Military Mind*; *Making a Necessity of Virtue: Aristotle and Kant on Virtue*; *The Fabric of Character: Aristotle's Theory of Virtue*, and the editor of *Critical Essays on the Classics: Aristotle's Ethics*. She has written over 60 articles in the area of ethics, military ethics, the history of moral philosophy, ancient ethics, the emotions, moral psychology, and psychoanalysis. She has delivered over 60 named or keynote lectures and plenary addresses here and abroad. *Courtesy of* <http://www.nancysherman.com>

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