

tough times never last tough people do

tough times never last tough people do: An Inspirational Guide to Resilience and Personal Strength

Introduction: The Power of Resilience

In life, everyone faces challenges, setbacks, and difficult periods. The phrase "tough times never last, tough people do" serves as a powerful reminder that adversity is temporary, but the resilience and strength of individuals can endure beyond hardships.

Understanding this concept can inspire us to develop mental toughness, persevere through tough situations, and emerge stronger. This article explores the meaning behind the phrase, the importance of resilience, and practical ways to cultivate toughness in the face of adversity.

The Meaning Behind "Tough Times Never Last, Tough People Do"

Origin and Popular Usage

This phrase is often attributed to Dr. Robert Schuller, a renowned American Christian televangelist and motivational speaker, though its roots are somewhat uncertain. Regardless of its origin, it has become a popular motivational quote used to encourage perseverance during difficult times.

Interpretation

- "Tough times" refer to periods of hardship, failure, or crisis that everyone encounters at some point.
- "Never last" emphasizes that such periods are temporary and will eventually pass.
- "Tough people" are individuals who possess resilience, mental toughness, and perseverance.
- "Do" signifies that resilient individuals endure, survive, and ultimately thrive despite difficulties.

The phrase encapsulates a fundamental truth: adversity is fleeting, but resilience is enduring.

Why Tough Times Are Inevitable

Life's Inherent Challenges

No matter how well-prepared or fortunate someone may be, life inevitably presents challenges, including:

- Financial difficulties
- Health issues
- Relationship problems
- Career setbacks
- Personal failures

The Universality of Hardship

Everyone, from the most successful entrepreneurs to everyday individuals, encounters tough times. Recognizing this universality helps normalize adversity, reducing feelings of isolation.

Growth Through Adversity

Challenges often serve as catalysts for personal growth, learning, and development. Facing hardships can teach valuable lessons about patience, humility, and resilience.

The Significance of Tough People

Defining Tough People

"Tough people" are individuals who demonstrate resilience, grit, and perseverance. They maintain a positive attitude, adapt to circumstances, and continue moving forward despite obstacles.

Characteristics of Tough People

- Resilience: Ability to recover quickly from setbacks.
- Optimism: Maintaining a hopeful outlook.
- Discipline: Staying committed to goals despite difficulties.
- Adaptability: Adjusting strategies when faced with changes.
- Perseverance: Persisting despite challenges.
- Self-belief: Confidence in one's abilities.

Examples of Tough People

- Nelson Mandela overcoming decades of imprisonment.
- J.K. Rowling facing rejection before Harry Potter's success.
- Entrepreneurs who pivot after failures to achieve success.

The Role of Mindset in Overcoming Tough Times

Growth Mindset vs. Fixed Mindset

- Growth Mindset: Belief that abilities can be developed through effort and learning.
- Fixed Mindset: Belief that abilities are static and unchangeable.

Cultivating a growth mindset enables individuals to view failures as opportunities for growth rather than insurmountable obstacles.

The Power of Positive Thinking

Maintaining a positive outlook helps to:

- Reduce stress
- Improve problem-solving
- Enhance resilience

Embracing Change and Uncertainty

Accepting that change is a natural part of life allows individuals to adapt more easily and reduces fear of the unknown.

Practical Strategies to Develop Resilience and Toughness

1. Cultivate a Strong Support System

- Surround yourself with positive, supportive people.
- Seek mentorship and guidance.
- Share your struggles; don't isolate yourself.

2. Set Realistic Goals and Break Them Down

- Establish clear, achievable objectives.
- Divide goals into manageable steps.
- Celebrate small wins to maintain motivation.

3. Practice Self-Discipline and Consistency

- Develop daily routines that promote mental and physical health.
- Commit to regular self-improvement activities.
- Stay focused on long-term objectives.

4. Maintain a Positive and Optimistic Outlook

- Practice gratitude daily.
- Reframe negative thoughts into positive ones.
- Visualize success and resilience.

5. Learn from Failures and Mistakes

- Analyze what went wrong.
- Use setbacks as opportunities to learn.
- Adjust strategies accordingly.

6. Take Care of Physical and Mental Health

- Engage in regular exercise.
- Prioritize sleep and nutrition.
- Practice mindfulness, meditation, or relaxation techniques.

7. Develop Problem-Solving Skills

- Approach problems systematically.
- Consider multiple solutions.
- Stay proactive in addressing issues.

Inspirational Stories of Resilient Individuals

Case Study 1: Oprah Winfrey

Despite a difficult childhood marked by poverty and abuse, Oprah overcame adversity to become a media mogul and philanthropist. Her resilience and positive attitude helped her navigate hardships and achieve success.

Case Study 2: Thomas Edison

Edison faced thousands of failed experiments before inventing the practical electric light bulb. His perseverance exemplifies the essence of "tough people" enduring tough times.

Case Study 3: Malala Yousafzai

Surviving an assassination attempt, Malala's resilience propelled her to become a global advocate for education and women's rights, demonstrating the power of perseverance.

How to Keep Going When Times Are Tough

Focus on Your "Why"

Identify your core motivation or purpose. Remembering why you started can reignite your determination.

Practice Gratitude

Focusing on what you have rather than what you lack fosters positivity and resilience.

Take Small Steps Daily

Progress, even if incremental, builds momentum and confidence.

Seek Inspiration

Read stories of others who overcame adversity or listen to motivational talks.

Maintain Faith in Yourself

Believe in your ability to overcome challenges, even when circumstances seem bleak.

Conclusion: Embracing the Resilience Within

The phrase "tough times never last, tough people do" encapsulates a universal truth about human resilience. Life's challenges are inevitable, but our capacity to endure, adapt, and grow defines us. Cultivating mental toughness and resilience is a continuous journey, requiring self-awareness, perseverance, and a positive mindset. Remember, tough times may pass, but the strength of tough people endures. By embracing this philosophy, you can navigate life's storms with confidence, emerging stronger and more resilient than ever before.

Keywords for SEO Optimization

- Tough times never last, tough people do
- Resilience and perseverance
- Building mental toughness
- Overcoming adversity
- Inspirational stories of resilience
- How to develop resilience
- Personal growth through challenges
- Staying positive during tough times
- Strategies for mental toughness
- Motivational quotes about resilience

By understanding and applying the principles outlined in this article, you can turn life's hardships into opportunities for growth, proving that indeed, tough times never last, but tough people do.

Frequently Asked Questions

What is the meaning behind the quote 'Tough times never last, but tough people do'?

The quote suggests that difficult circumstances are temporary, but resilient individuals who persevere can overcome challenges and endure beyond tough times.

How can adopting a tough mindset help during

challenging periods?

A tough mindset encourages resilience, persistence, and positivity, enabling individuals to navigate hardships more effectively and emerge stronger.

Who originally said 'Tough times never last, but tough people do'?

The phrase is often attributed to Robert H. Schuller, a Christian televangelist and motivational speaker.

What are practical ways to develop toughness during adversity?

Practices include maintaining a positive outlook, setting small achievable goals, seeking support, learning from failures, and practicing resilience exercises.

Can this quote be applied to personal development and career growth?

Absolutely. It encourages individuals to persist through setbacks, continuously improve, and stay committed to their goals despite difficulties.

Why is resilience important in overcoming tough times?

Resilience helps individuals adapt to stress, recover from setbacks, and maintain focus, making it a vital trait for enduring and thriving through adversity.

How does this quote motivate people facing personal or professional challenges?

It inspires hope and perseverance by reminding people that their strength and determination can help them survive and succeed beyond difficult periods.

Additional Resources

Tough times never last, tough people do - a maxim that resonates deeply across cultures, professions, and personal stories. This phrase encapsulates a universal truth: resilience, perseverance, and mental fortitude are often the defining factors that determine whether an individual overcomes adversity or succumbs to it. In a world rife with unpredictability—economic downturns, health crises, personal setbacks—understanding the essence of this adage offers both hope and practical guidance. This article delves into its origins, psychological underpinnings, real-world applications, and strategies to cultivate toughness, ultimately illustrating why enduring tough times is less about chance and more about character.

Origins and Cultural Significance of the Phrase

Historical Roots

While often attributed to various figures, the phrase “Tough times never last, but tough people do” gained prominence through the American motivational speaker and author Robert H. Schuller. His 1980s motivational speeches cemented it as a rallying cry for resilience and hope. Over the years, it has become a staple in motivational literature, speeches, and even popular culture, embodying the belief that perseverance is the key to overcoming difficulties.

Cultural Interpretations

Different cultures interpret resilience through unique lenses:

- Western Perspective: Emphasizes individual grit and personal responsibility.
- Eastern Philosophy: Often integrates resilience within the framework of collective harmony and spiritual endurance.
- Religious Views: Many faiths promote perseverance as a virtue—viewing trials as tests of faith or character.

Despite these differences, the core message remains consistent: adversity is temporary, and resilience determines long-term success.

The Psychological Foundations of Resilience

Understanding Resilience

Resilience refers to the capacity to recover quickly from difficulties, adapt to change, and keep going despite setbacks. Psychologically, resilient individuals tend to exhibit traits such as optimism, emotional regulation, and a strong sense of purpose.

Key Components of Resilience

1. Positive Outlook: Maintaining hope and expecting favorable outcomes even in adverse situations.
2. Emotional Regulation: Managing negative emotions like fear, anger, or despair.
3. Cognitive Flexibility: Adjusting strategies and perspectives in response to changing circumstances.
4. Sense of Purpose: Having clear goals that motivate perseverance.

The Science Behind Toughness

Research indicates that resilience is not solely innate; it can be cultivated. Neuroplasticity allows the brain to adapt and develop resilience through practice and experience. Psychological studies have identified factors such as social support, optimism, and problem-solving skills as critical in fostering toughness.

Real-World Examples of Resilience in Action

Historical Figures

- Winston Churchill: Led Britain through WWII, enduring personal and national crises with unwavering resolve.
- Nelson Mandela: Spent 27 years in prison and emerged committed to reconciliation and nation-building.
- J.K. Rowling: Faced rejection and poverty before publishing the Harry Potter series, which became a global phenomenon.

Contemporary Success Stories

- Oprah Winfrey: Overcame a traumatic childhood and poverty to become a media mogul.
- Stephen Hawking: Lived with ALS for decades, contributing groundbreaking physics research despite physical limitations.
- Malala Yousafzai: Survived an assassination attempt and became a global advocate for education and girls' rights.

Lessons from These Examples

These figures exemplify that enduring tough times often requires a combination of mental toughness, unwavering belief, adaptability, and a strong sense of purpose. Their stories serve as templates for resilience in the face of extraordinary challenges.

Strategies to Cultivate Toughness and Resilience

Building Mental Toughness

1. Develop a Growth Mindset
 - Embrace challenges as opportunities to learn.
 - View failures as temporary setbacks rather than permanent defeats.
2. Set Realistic Goals
 - Break larger objectives into manageable steps.
 - Celebrate small wins to maintain motivation.

3. Practice Self-Discipline

- Maintain routines that reinforce positive habits.
- Resist short-term temptations that undermine progress.

4. Enhance Emotional Regulation

- Use mindfulness and meditation to stay centered.
- Practice deep breathing and stress management techniques.

5. Seek Support

- Cultivate a network of friends, mentors, or support groups.
- Don't hesitate to ask for help when needed.

6. Maintain Optimism

- Focus on what can be controlled.
- Use positive affirmations to reinforce confidence.

Developing Resilience Through Experience

- Embrace Adversity: View setbacks as opportunities to develop resilience.
- Reflect and Learn: Analyze failures to understand what can be improved.
- Adaptability: Be willing to change strategies or perspectives as needed.
- Perseverance: Commit to your goals despite difficulties.

The Limitations and Misconceptions of the Phrase

While the phrase encourages perseverance, it is essential to recognize its limitations:

- Not a Guarantee of Success: Resilience increases the likelihood of overcoming challenges but does not guarantee outcomes.
- Mental Health Considerations: Pushing oneself excessively without addressing underlying issues can lead to burnout or mental health problems.
- Structural Barriers: Socioeconomic and systemic obstacles may require more than individual toughness; advocacy and systemic change are also vital.

Misconceptions

- Resilience is Innate: Many believe resilience is an inherent trait, but it can be cultivated.
- Toughness Means Suppressing Emotions: True resilience includes emotional awareness and regulation, not emotional suppression.
- Persevering at All Costs: Sometimes, recognizing when to let go is a form of strength and wisdom.

Conclusion: Enduring Tough Times Through Inner Strength

The adage “Tough times never last, but tough people do” encapsulates a powerful truth about human resilience. It underscores the importance of mental toughness, adaptability, and perseverance in navigating life's inevitable challenges. While external circumstances can be unpredictable and sometimes overwhelming, the strength of character and resilience individuals cultivate can serve as a buffer, enabling them to endure, learn, and ultimately emerge stronger.

Building resilience is an ongoing process. It involves developing a growth mindset, fostering emotional intelligence, seeking support, and maintaining hope. Recognizing that setbacks are part of the human experience rather than signs of failure allows individuals to approach adversity with courage and resilience.

In a world where change is constant and challenges are inevitable, cultivating toughness is not just about surviving tough times—it is about thriving despite them. As history and countless personal stories demonstrate, those who embody resilience are often the ones who turn adversity into opportunity, making “tough” a testament to the strength of the human spirit.

In sum, tough times are temporary, but the resilience and character of tough people can leave a lasting legacy. Embracing this mindset can transform difficulties into stepping stones toward growth, achievement, and fulfillment.

[Tough Times Never Last Tough People Do](#)

tough times never last tough people do: Tough Times Never Last, but Tough People Do!

Robert Schuller, 1984-05-01 Name your problem, and you name your possibility! Dr. Schuller shows you how to build a positive self-image, no matter what your problem. Whether it's unemployment, poor health, loneliness, fear or anything else that blocks your success, you can turn your negative into a positive. No matter how tough times get, you have the potential to achieve the best of life. Through Dr. Schuller's dynamic principles, you can learn: • 4 ways to evaluate a new idea • 10 commandments of possibility thinking • 5 principles for putting problems in a proper perspective • 18 principles of leadership • 5 phases necessary for the faith to move mountains • 5 ways to overcome a 'brownout' and prevent a burnout • 25 action words to get you started and never let you quit

tough times never last tough people do: Tough Times Never Last, But Tough People Do!

Robert Harold Schuller, 1993

tough times never last tough people do: Tough Times Never Last, But Tough People Do!

Robert H. Schuller, 1984-12 A clergyman presents advice on how to build a positive self-image and work toward success.

tough times never last tough people do: School Leadership in India N. Mythili,

2024-08-28 This book explores how school leadership plays a significant role in addressing the

issues of poor learning among students in India. It presents in-depth discussions on critical leadership practices that are influenced by the interaction between leadership styles, functions, behaviours and practices of school leaders using theoretical discourse. Besides, a conceptual framework is developed to understand the leadership phenomenon in the Indian context for the overall improvement of schools, student learning and self-development of leaders. While highlighting the issues and challenges faced by schools and school leaders, the book presents a number of vignettes created from the data on various aspects of school leadership practices indicating the styles, behaviours and functions in every chapter. The nature of the analysis is also unique to the discourse on educational leadership as it culminates in tracing the path traversed by the school leaders. The analysis is thematically organised into purpose-process-outcome that spreads across seven chapters. Besides the rigour of vast data that substantiates the arguments using mixed methods, it also vividly discusses the national initiatives undertaken in India to transform instructional and pedagogical leadership of principals and improve students learning in the past one decade or so. The book will be of interest to researchers of education, leadership education and development and school education in university departments of education, management, public administration, development studies and sociology that use interdisciplinary approaches. It will also be useful for school educators, academicians, school leaders, policymakers and teacher educators not only for teaching and research but also for school leadership development for practitioners.

tough times never last tough people do: Words to the Wise 2 Darlene Slaughter, 2012-05-14
 Lessons I send a greetings to you all Ms Darlene or Ms Slaughter I am called I'm a caring person I would say Who've experience life in many ways Good bad happy and sad On occasions I got mad As a child I was alright I had arguments and petty fights As a teen and adult I experience lots of things Like from love sometimes heartache it brings Never married had no kids But I worked with hundreds yes I did My job was to help them out Give them support it was about Some became productive like Charlene Some gave up but not Ms Darlene I always remember to pray Lord help us not to go astray From life experiences we learn A sense of wisdom will be earned We must strive to achieve our goals We might walk down rocky roads Life lessons that we face Are growing lessons we must embrace Take lessons and learn from them all Forbid failure to be our downfall Through life lessons God is there The best lessons are written in the Lord's Prayer

tough times never last tough people do: Michael's Poetry: Poems of Inspiration and Meaning

tough times never last tough people do: Tough times never last, but people do! Robert H. Schuller, 1983

tough times never last tough people do: Almighty God Enakeme S. Mariere-Dogun, 2012-10-11 I was inspired to write this book after a fire disaster was averted in my home by the power of Almighty God. The purpose is to honor God and to encourage people going through tough times to trust God and move on, for better days lie ahead. This message of hope, faith and victory will inspire you daily. Enakeme Dogun.

tough times never last tough people do: Surviving the Dark Side of Life Lindelani Emmanuel Rakhunwana, 2014-09-26 Our worst enemies are those we least suspect, ourselves. That was the statement said by one of the world wisest man that ever lived (Ivan Panin) .I can now safely says that I agree with him. They say prevention is better than cure. That is true but when you have lived long enough, you begins to understand that in life there are circumstances you may find yourself in but with no control over them. No matter how wise or clever you may be, youll find that they cant be solved in a day. I call that the dark side of life. Continue reading because I will take you step by step until you break free from the dark side and the trauma it causes. You may be a life planner and everything has been going according to plan. Yes you need this book. If your life is running smoothly then just put it in a drawer or somewhere safe because I assure you that when the dark hits you, you wont see it coming. Life has a way of being its own school master. Life has principles and timeframe that no one controls. With no degrees, diplomas or PhD, life will teach you something. Our grandfathers and grandmothers never went that far with education but if you listen

to them, they will teach you things we were never taught at school. I believe that God will help you as he helped me when I was in my darkest hours of my life and the same methods and strategies I give to you.

tough times never last tough people do: Life From a Sitting-Down Perspective Jessica Pabst, 2013-09 Life can often be difficult for people with disabilities. With this book I am trying to ease some of that difficulty. I have included tips for everyday activities, bathroom activities, deciding on wheelchair type and accessories, activities away from home, keeping a positive attitude and staying happy, appreciating all of the good things in your life and obtaining all of the good things that you still want in it. All I want is to create smiles.

tough times never last tough people do: Agile Time Management in easy steps John Carroll, 2023-05-10 Time needs to be managed, not just on agile projects, but in business and in life in general, so Agile Time Management in easy steps takes the best concepts and methods of the agile approach and applies them to time management in its broadest sense. What agile time management can do for you: · Change the way you view time itself and how best to use it. · Recognize that demands on your time will always exceed the amount of time you have available. · Shows you how to deal with the conflicting interests life throws at you. · Put you in control of your life. · Improve your personal productivity and effectiveness. · Spend more time on the things that really matter to you. · Make the most of every minute, hour, day, week, and year of your life. · Give you a simple system for achieving meaningful results. · Achieve a proper work-life balance. · Stop worrying about the future and get on with the present. · Show you how to become a happier person. Table of Contents 1. Introduction 2. Understanding Time 3. Understand Yourself 4. Making Choices 5. The Future 6. Time Wasters 7. Planning 8. Effective Time Management 9. Agile Time Management 10. Agile Principles 11. Moving Forward

tough times never last tough people do: One Miracle at a Time: Getting Help for a Child with a Disability Irving Dickman, 1993-02 One Miracle at a Time offers emotional and practical experiences of parents of disabled children come together in this inspiring, comprehensive handbook. Up-to-date information and detailed discussions cover coping with the initial diagnosis and long-term emotional impact, finding the right medical treatment and support services, and getting financial and legal support if necessary.

tough times never last tough people do: No Less Than Genius Dr. Helen Mozia, 2018-03-07 No Less than Genius brings together in a unique way, eight mindful instructional practices that research has shown work to engage, motivate, and accelerate success for every youth. The strategies include the following: Understanding true identity Discovering one's pull to become... Identifying personal purpose for learning Recognizing the gap Practicing productive and affirmative thinking Building support teams Taking inventory and organizing assets Applying assets and closing the gap with an effective action plan. This book is exceptional in that it masterfully infuses the principle of self-determination into the educational and coaching practices for youth. It does so by providing a curriculum that enables facilitators create supportive learning environments which promote autonomy, competence, and care. This empowers learners to explore, discover, and organize their personal, academic, and experiential assets into a coherent useable form that they can then apply toward the achievement of their innate pull to become.... The potential outcomes of this endeavor are the transformative benefits of resilience, open-mindedness, creativity, confidence, self-mastery, and life-success. In this sense, this book may be nicknamed the Learn, Act, and Become Successful for classrooms and homes. Thus, rather than being told without explanation what to learn and do, youth assume ownership of their learning, guided by a definite purpose in mind and the genius within.

tough times never last tough people do: What a Life Keith Weber, 2020-11-23 Keith Weber recalls a lifetime of being an entrepreneur and living life to the fullest during his forty-five years in New Zealand and now forty years in Australia in this memoir. He grew up with his uncle and aunt, but he loved them as though they were his parents. When his mother remarried, he was told he could go live with her and his stepfather, but he decided to stay put. He enjoyed being a Boy Scout,

went to Sunday School, loved Rugby Union, and observed with interest the happenings surrounding World War II. But growing up, he also made some wrong choices and faced some hard times. As he got older and entered the workforce, he learned that truth of sayings such as, "God works in mysterious ways" and "Tough Times Never Last -But Tough People Do!" In sharing his experiences, he provides lessons for those who want to start their own business, travel, and meantime enjoy life.

tough times never last tough people do: The Dictionary of Modern Proverbs , 2012-05-22 Collects more than 1,400 English-language proverbs that arose in the 20th and 21st centuries, organized alphabetically by key words and including information on date of origin, history and meaning.

tough times never last tough people do: Radiant Reflections : Value Education - Book 10 ,

tough times never last tough people do: The Gospel of Hollywood Godfrey Esoh, 2019-05-04 The Gospel of Hollywood is a disruptive new book series that unveils the transcendent messages hidden in some blockbuster Hollywood movies. This series presents these hidden messages in plain and fascinating language that turns an ordinary movie into a spiritual master class. Here comes a book that you will find to be an exceptional and compelling companion on your journey of personal transformation. This first book in The Gospel of Hollywood series offers a spiritual and metaphysical interpretation of the movie National Treasure released in 2004 and starring Nicolas Cage. It decodes this movie into a personal spiritual journey in twelve lessons.

tough times never last tough people do: Are You Positive? John H. Perry, 2022-04-04 ARE YOU POSITIVE? might be one of the easiest and best books you will ever read. Why? Because the book is meant to be read at a pace of one page per day, and each page provides you with a positive outlook or positive action steps for your day ahead. By the time you finish the book, you will have a more positive outlook in life and a roadmap to achieving success! Today's world is heavily inundated with negativity and fear from social media, news media, entertainment media, politicians, peers, and other sources. We are so conditioned by our negative, fear-ridden world that we react to each other and to situations with passiveness, defensiveness, and negativity. This book is a daily source of positive quotes and discussions that will help redirect your thinking and attitudes toward always seeing the positive in people and situations in your life. It is a truism that how you see your world is how your world is. And if you can start taking the positive outlook and positive actions suggested in this book, you will begin living in a positive and uplifting world where opportunity and success abound. Take this book one day at a time and be amazed how quickly it changes your life for the better! At one page a day, why not give it a shot?

tough times never last tough people do: The Be (Happy) Attitudes Robert Schuller, 1987-06-01 Many seek happiness in wealth, fame, relationships, even drugs—and, of course, they fail. How can we be happy? In his most inspirational bestselling book to date, Dr. Robert H. Schuller, the spiritual host of the weekly telecast "The Hour of Power," probes the Beatitudes for the answer to happiness—and discovers eight universal positive mental attitudes that have been used for their healing value through the ages. Through them, you can make real happiness truly possible. The Be (Happy) Attitudes • I Need Help—I Can't Do It Alone. Learn two miracle-working statements: "I need help" and "I am sorry." • I'm Really Hurting—But I Am Going To Bounce Back. Learn that when bad things happen to good people, they become better people. • I'm Going To Remain Cool, Calm, And Corrected. "Blessed are the Meek..." is a poor translation. "Meek" in the Bible means: mighty, stable. kind, • I Really Want To Do The Right Thing. Learn how to adopt a "Go for it" attitude toward your life and dreams. • I'm Going To Treat Others The Way I Want Them To Treat Me. Learn how to heal your hidden wounds, and allow them to turn you into a better person. • I've Got To Let The Faith Flow Free Through Me. Learn how to know God better and overcome doubt. Faith makes love a possibility. Love makes miracles happen. • I'm Going To Be A Bridge Builder. Learn how to make peace with yourself before becoming a peacemaker for others. Learn how to remain positive and pardon those who persecute you, even when all else fails.

tough times never last tough people do: Stealing Pike's Peak Gabe Galambos, 2000-09-20

From below the Christmas tree lights of Rockefeller Center, Zach Pike, star quarterback of the New York Jets, is brutally kidnapped. As girlfriend Meg Symes helplessly looks on, Zach is spirited away, just the start of an overseas odyssey that will have him shackled, shown to the world by way of a grisly CNN video - put on display. But why? Does the answer lie in secrets relating to the defense contract work of Zach's father, Ben? Or is it all owing to a childhood friendship Zach and Meg shared with Zvi Langer, an Israeli with a clandestine list of terrorist kills? As a vortex of events swirl around the seemingly senseless abduction, Zvi and Meg get reacquainted and work as a team to help their friend; the U.S. Attorney General gets suspicious and presses for an investigation of Ben Pike even as the FBI interestingly opposes it; and a rogue CIA Director of Operations plays a dangerous game of cat-and-mouse with the abductors. The climax involves the harrowing reunion of Zach, Meg, and Zvi in a high stakes international crisis that is also a test of individual courage.

Related to tough times never last tough people do

TOUGH Definition & Meaning - Merriam-Webster The meaning of TOUGH is difficult to accomplish, resolve, endure, or deal with. How to use tough in a sentence. Synonym Discussion of Tough

TOUGH | definition in the Cambridge English Dictionary TOUGH meaning: 1. strong; not easily broken or made weaker: 2. of a person, able to deal with difficult. Learn more

Tough - definition of tough by The Free Dictionary 1. strong or resilient; durable: a tough material. 2. not tender: he could not eat the tough steak. 3. having a great capacity for endurance; hardy and fit: a tough mountaineer. 4. rough or

Tough Definition & Meaning | Britannica Dictionary TOUGH meaning: 1 : very difficult to do or deal with often followed by to + verb; 2 : physically and emotionally strong able to do hard work, to deal with harsh conditions, etc

TOUGH definition and meaning | Collins English Dictionary If you describe someone as tough, you mean that they are rough and violent. He had shot three people dead, earning himself a reputation as a tough guy

tough adjective - Definition, pictures, pronunciation and usage Definition of tough adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

What Does Tough Mean? | The Word Counter What does the word tough mean? According to Collins English Dictionary and the American Heritage Unabridged Dictionary of the English Language, the word tough is an

TOUGH | meaning - Cambridge Learner's Dictionary tough adjective (STRONG PERSON) B2 physically strong and not afraid of violence: a tough guy

TOUGH - Meaning & Translations | Collins English Dictionary 'tough' - Complete English Word Reference Definitions of 'tough' 1. A tough person is strong and determined, and can tolerate difficulty or suffering. [] 2. If you describe someone as tough,

tough | definition in the Cambridge Essential American Dictionary tough meaning: 1. difficult: 2. not easily damaged, cut, etc.: 3. strong and not afraid of violence: . Learn more

TOUGH Definition & Meaning - Merriam-Webster The meaning of TOUGH is difficult to accomplish, resolve, endure, or deal with. How to use tough in a sentence. Synonym Discussion of Tough

TOUGH | definition in the Cambridge English Dictionary TOUGH meaning: 1. strong; not easily broken or made weaker: 2. of a person, able to deal with difficult. Learn more

Tough - definition of tough by The Free Dictionary 1. strong or resilient; durable: a tough material. 2. not tender: he could not eat the tough steak. 3. having a great capacity for endurance; hardy and fit: a tough mountaineer. 4. rough or

Tough Definition & Meaning | Britannica Dictionary TOUGH meaning: 1 : very difficult to do or deal with often followed by to + verb; 2 : physically and emotionally strong able to do hard work, to deal with harsh conditions, etc

TOUGH definition and meaning | Collins English Dictionary If you describe someone as tough, you mean that they are rough and violent. He had shot three people dead, earning himself a reputation as a tough guy

tough adjective - Definition, pictures, pronunciation and usage Definition of tough adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

What Does Tough Mean? | The Word Counter What does the word tough mean? According to Collins English Dictionary and the American Heritage Unabridged Dictionary of the English Language, the word tough is an

TOUGH | meaning - Cambridge Learner's Dictionary tough adjective (STRONG PERSON) B2 physically strong and not afraid of violence: a tough guy

TOUGH - Meaning & Translations | Collins English Dictionary 'tough' - Complete English Word Reference Definitions of 'tough' 1. A tough person is strong and determined, and can tolerate difficulty or suffering. [] 2. If you describe someone as tough,

tough | definition in the Cambridge Essential American Dictionary tough meaning: 1. difficult: 2. not easily damaged, cut, etc.: 3. strong and not afraid of violence: . Learn more

TOUGH Definition & Meaning - Merriam-Webster The meaning of TOUGH is difficult to accomplish, resolve, endure, or deal with. How to use tough in a sentence. Synonym Discussion of Tough

TOUGH | definition in the Cambridge English Dictionary TOUGH meaning: 1. strong; not easily broken or made weaker: 2. of a person, able to deal with difficult. Learn more

Tough - definition of tough by The Free Dictionary 1. strong or resilient; durable: a tough material. 2. not tender: he could not eat the tough steak. 3. having a great capacity for endurance; hardy and fit: a tough mountaineer. 4. rough or

Tough Definition & Meaning | Britannica Dictionary TOUGH meaning: 1 : very difficult to do or deal with often followed by to + verb; 2 : physically and emotionally strong able to do hard work, to deal with harsh conditions, etc

TOUGH definition and meaning | Collins English Dictionary If you describe someone as tough, you mean that they are rough and violent. He had shot three people dead, earning himself a reputation as a tough guy

tough adjective - Definition, pictures, pronunciation and usage Definition of tough adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

What Does Tough Mean? | The Word Counter What does the word tough mean? According to Collins English Dictionary and the American Heritage Unabridged Dictionary of the English Language, the word tough is an

TOUGH | meaning - Cambridge Learner's Dictionary tough adjective (STRONG PERSON) B2 physically strong and not afraid of violence: a tough guy

TOUGH - Meaning & Translations | Collins English Dictionary 'tough' - Complete English Word Reference Definitions of 'tough' 1. A tough person is strong and determined, and can tolerate difficulty or suffering. [] 2. If you describe someone as tough,

tough | definition in the Cambridge Essential American Dictionary tough meaning: 1. difficult: 2. not easily damaged, cut, etc.: 3. strong and not afraid of violence: . Learn more

TOUGH Definition & Meaning - Merriam-Webster The meaning of TOUGH is difficult to accomplish, resolve, endure, or deal with. How to use tough in a sentence. Synonym Discussion of Tough

TOUGH | definition in the Cambridge English Dictionary TOUGH meaning: 1. strong; not easily broken or made weaker: 2. of a person, able to deal with difficult. Learn more

Tough - definition of tough by The Free Dictionary 1. strong or resilient; durable: a tough material. 2. not tender: he could not eat the tough steak. 3. having a great capacity for endurance; hardy and fit: a tough mountaineer. 4. rough or

Tough Definition & Meaning | Britannica Dictionary TOUGH meaning: 1 : very difficult to do or deal with often followed by to + verb; 2 : physically and emotionally strong able to do hard work, to deal with harsh conditions, etc

TOUGH definition and meaning | Collins English Dictionary If you describe someone as tough, you mean that they are rough and violent. He had shot three people dead, earning himself a reputation as a tough guy

tough adjective - Definition, pictures, pronunciation and usage Definition of tough adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

What Does Tough Mean? | The Word Counter What does the word tough mean? According to Collins English Dictionary and the American Heritage Unabridged Dictionary of the English Language, the word tough is an

TOUGH | meaning - Cambridge Learner's Dictionary tough adjective (STRONG PERSON) B2 physically strong and not afraid of violence: a tough guy

TOUGH - Meaning & Translations | Collins English Dictionary 'tough' - Complete English Word Reference Definitions of 'tough' 1. A tough person is strong and determined, and can tolerate difficulty or suffering. [] 2. If you describe someone as tough,

tough | definition in the Cambridge Essential American Dictionary tough meaning: 1. difficult: 2. not easily damaged, cut, etc.: 3. strong and not afraid of violence: . Learn more

TOUGH Definition & Meaning - Merriam-Webster The meaning of TOUGH is difficult to accomplish, resolve, endure, or deal with. How to use tough in a sentence. Synonym Discussion of Tough

TOUGH | definition in the Cambridge English Dictionary TOUGH meaning: 1. strong; not easily broken or made weaker: 2. of a person, able to deal with difficult. Learn more

Tough - definition of tough by The Free Dictionary 1. strong or resilient; durable: a tough material. 2. not tender: he could not eat the tough steak. 3. having a great capacity for endurance; hardy and fit: a tough mountaineer. 4. rough or

Tough Definition & Meaning | Britannica Dictionary TOUGH meaning: 1 : very difficult to do or deal with often followed by to + verb; 2 : physically and emotionally strong able to do hard work, to deal with harsh conditions, etc

TOUGH definition and meaning | Collins English Dictionary If you describe someone as tough, you mean that they are rough and violent. He had shot three people dead, earning himself a reputation as a tough guy

tough adjective - Definition, pictures, pronunciation and usage Definition of tough adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

What Does Tough Mean? | The Word Counter What does the word tough mean? According to Collins English Dictionary and the American Heritage Unabridged Dictionary of the English Language, the word tough is an

TOUGH | meaning - Cambridge Learner's Dictionary tough adjective (STRONG PERSON) B2 physically strong and not afraid of violence: a tough guy

TOUGH - Meaning & Translations | Collins English Dictionary 'tough' - Complete English Word Reference Definitions of 'tough' 1. A tough person is strong and determined, and can tolerate difficulty or suffering. [] 2. If you describe someone as tough,

tough | definition in the Cambridge Essential American Dictionary tough meaning: 1. difficult: 2. not easily damaged, cut, etc.: 3. strong and not afraid of violence: . Learn more

TOUGH Definition & Meaning - Merriam-Webster The meaning of TOUGH is difficult to accomplish, resolve, endure, or deal with. How to use tough in a sentence. Synonym Discussion of Tough

TOUGH | definition in the Cambridge English Dictionary TOUGH meaning: 1. strong; not easily broken or made weaker: 2. of a person, able to deal with difficult. Learn more

Tough - definition of tough by The Free Dictionary 1. strong or resilient; durable: a tough material. 2. not tender: he could not eat the tough steak. 3. having a great capacity for endurance; hardy and fit: a tough mountaineer. 4. rough or

Tough Definition & Meaning | Britannica Dictionary TOUGH meaning: 1 : very difficult to do or deal with often followed by to + verb; 2 : physically and emotionally strong able to do hard work, to deal with harsh conditions, etc

TOUGH definition and meaning | Collins English Dictionary If you describe someone as tough, you mean that they are rough and violent. He had shot three people dead, earning himself a reputation as a tough guy

tough adjective - Definition, pictures, pronunciation and usage Definition of tough adjective in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

What Does Tough Mean? | The Word Counter What does the word tough mean? According to Collins English Dictionary and the American Heritage Unabridged Dictionary of the English Language, the word tough is an

TOUGH | meaning - Cambridge Learner's Dictionary tough adjective (STRONG PERSON) B2 physically strong and not afraid of violence: a tough guy

TOUGH - Meaning & Translations | Collins English Dictionary 'tough' - Complete English Word Reference Definitions of 'tough' 1. A tough person is strong and determined, and can tolerate difficulty or suffering. [] 2. If you describe someone as tough,

tough | definition in the Cambridge Essential American Dictionary tough meaning: 1. difficult: 2. not easily damaged, cut, etc.: 3. strong and not afraid of violence: . Learn more

Related to tough times never last tough people do

Basketball icon Sue Bird reflects on one of her favorite quotes (Hosted on MSN29d) "Tough times don't last; tough people do." Newly-inducted Hall of Famer Sue Bird reflected on a quote that has long been meaningful to her. Lake Powell's plummeting water levels reveal body of missing

Basketball icon Sue Bird reflects on one of her favorite quotes (Hosted on MSN29d) "Tough times don't last; tough people do." Newly-inducted Hall of Famer Sue Bird reflected on a quote that has long been meaningful to her. Lake Powell's plummeting water levels reveal body of missing

Related Articles

- [big world big adventures thomas](#)
- [psychology statistics for dummies](#)
- [man who walked between the twin towers](#)

[Back to Home](#)