



Beyond Courage: The 9 Principles of Heroism

Chris Benguhe

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What makes someone “heroic”? Courage? Perhaps, but true heroism involves much more.

Heroes come in all shapes and sizes. They hail from every economic, religious, and cultural background. They are old and young, rich and poor, but they all have something in common: each, in his or her own way, has made a difference in someone’s life. In this moving collection, Chris Benguhe reveals the 9 key traits possessed by people who go beyond courage and make miracles happen every day. These inspiring true stories reveal the strength of the human spirit and the power of love.

- Recently divorced and diagnosed with a terminal illness, a man risks his job to save the lives of young men and women he’ll never have the chance to meet.
- An alcoholic drug addict pulls her life together and establishes a life skills program for homeless people to help them get jobs.
- When a New York City firefighter nearly dies in a five-alarm inferno, doctors inform him that he may never walk again and most certainly will never again fight fires. Through unwavering commitment, he is back on the job within three years.

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