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Subject: New event: Sheryl Sandberg, Malala and Adam Grant

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[Sheryl Sandberg, Malala and Adam Grant](#)

Saturday 24th June, 6.30pm, Central Hall Westminster

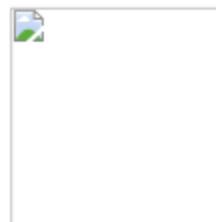
'I learned about the depths of sadness and the brutality of loss. But I also learned that when life sucks you under, you can kick against the bottom, break the surface and breathe again.' – Sheryl Sandberg

Sheryl Sandberg is the COO at Facebook and international bestselling author of *Lean In*. In 2015 disaster struck when her husband, Dave Goldberg, died suddenly at the age of 47. Sheryl and her two young children were devastated, and she was certain that their lives would never have real joy or meaning again. Just weeks later, Sandberg was talking with a friend about the first father-child activity without a father. They came up with a plan for someone to fill in. 'But I want Dave,' she cried. Her friend put his arm around her and said, 'Option A is not available. So let's just kick the shit out of Option B.'

Everyone experiences some form of Option B. We all deal with loss: jobs lost, loves lost, lives lost. The question is not whether these things will happen but how we face them when they do. Sandberg's new book, *Option B*, weaves her experiences of coping with adversity with new findings from her co-author, the award-winning psychologist **Adam Grant**, and other social scientists. The book features stories of people who recovered from personal and professional hardship, including illness, injury, divorce, job loss, sexual assault and imprisonment. These people did more than recover – many of them became stronger.

In this special Intelligence Squared event on [June 24th](#), Sandberg will be joined by **Malala Yousafzai**, the Pakistani schoolgirl who was shot by the Taliban for speaking up for women's education. She refused to be silenced, and her recovery, bravery and stoicism have made her an international role model. In 2014 she became the youngest ever winner of the Nobel Peace Prize. Sandberg and Yousafzai, in conversation with Grant, will explore how even after the most devastating events, we can learn to find

Speakers



Sheryl Sandberg

Chief operating officer at Facebook and No.1 New York Times bestselling author of *Lean In: Women, Work, and the Will to Lead*. Before Facebook, she was vice president of Global Online Sales and Operations at Google. She previously served as chief of staff for the United States Treasury Department and as an economist with the World Bank. Sandberg is the founder of [leanin.org](#) and serves on the boards of Facebook, the Walt Disney Company, Women for Women International, ONE, and SurveyMonkey. Her latest book is *Option B: Facing Adversity, Building Resilience, and Finding Joy*, published by WH Allen.

Malala Yousafzai

World-renowned activist for female education and human rights. Born in northwestern Pakistan, she began blogging as a young schoolgirl for the BBC about her experiences during the Taliban's growing influence in the region. In 2012 the Taliban attempted to assassinate her on the bus home from school. She survived, but underwent several operations in the UK, where she lives today and continues her education. She founded the Malala Fund, a non-profit, and in 2013 co-authored *I am Malala*, an international bestseller. In 2013, 2014 and 2015 Time magazine featured her as one of the world's most influential people. In 2014, she was co-recipient of the Nobel Peace Prize for her struggle against the suppression of children and young people and for the right of all children to education.

deeper meaning and appreciation in our lives and rediscover joy. They will discuss how we can help others in crisis, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to our everyday struggles, allowing us to brave whatever lies ahead.



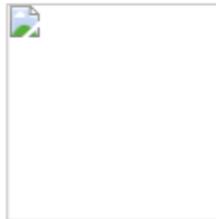
Praise for *Option B*

'Sheryl writes about her own heartbreaking experience with a rare honesty. Then she and Adam translate her personal story into a powerful, practical guide for anyone trying to build resilience in their own lives, communities, and companies. It's hard enough to resonate with readers. It's even harder to help take concrete steps towards a better future. Option B does both.' – **Bill and Melinda Gates**, co-chairs of the Bill & Melinda Gates Foundation

'Illuminating, original, and deeply inspiring, Option B is one part riveting memoir, one part heal-your-heart boot camp, one part stories of others who learned to thrive in the face of profound loss: a practical, vital contribution to the literature on loss and resilience.' – **Cheryl Strayed**, author of *Wild*

'Option B is as hopeful as it is heartbreaking. Here are stories of sometimes unimaginable pain and loss, but also of how human beings nonetheless have the capacity to endure and even thrive. This book is not just an absorbing read. It also provides lessons that everyone needs to learn.' – **Atul Gawande**, author of *Being Mortal*

All images of Malala Yousafzai courtesy of the Malala Fund. All images of Adam Grant and Sheryl Sandberg © Matt Albiani.



Adam Grant

Psychologist and the top-rated professor at the Wharton School of Business at the University of Pennsylvania. The New York Times best-selling author of *Originals* and *Give and Take*, he is a leading expert on how we can find motivation and meaning and live more generous and creative lives. Grant has been recognized as one of the world's twenty-five most influential management thinkers and received awards from the American Psychological Association and the National Science Foundation. He also serves as a contributing op-ed writer on work and psychology for The New York Times.



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