In Esperanza’s life, she dealt with more than her fair share of troubles. She suffered from sexual abuse, self-image problems, and lack of money. Throughout her tough childhood, Esperanza never gave up hope. Instead of letting her insecurities overwhelm her, she persevered and became a better person because of it. Instead of forgetting about Mango Street, the place that she so despised growing up, she decided that she would come back one day to help others. If she had never gone through her struggles, she would never have had the strive to help herself and make a difference in the Mango Street community.

Esperanza is a great example of the theme that “The reaction to adversity often change’s one’s identity.”

In real life, people pull themselves out of their troubles to become better people and have a positive impact on the world. In reading my articles, I have learned that this is true, because “People who have experienced seriously adverse events frequently report that they were positively changed by the experience” (McMillan 1). While in some rare cases people let their struggles get the best of them, most people learn valuable life lessons from struggles. With this new knowledge, people are able to educate others about what they have learned.

These facts of improvement have been proved in many studies, such as the statistic “79% of people reported that they were able to turn some aspect of the experience to their advantage” (McMillan 3). When people say “What doesn’t kill you makes you stronger” they couldn’t be more correct. Real life people, such as soldier Danny McManus are real examples of this. Danny was hurt in war, and “doctors believed he should have died... But the passion and fire in my belly drove me to return to my work... No matter what happens there are opportunities waiting to be found” (McManus 2). Whether it’s Esperanza or a person in real life, we can learn and grow from our hard times. I think that this theme is one of the most important skills anyone can have, and all it takes to help yourself is a positive outlook.