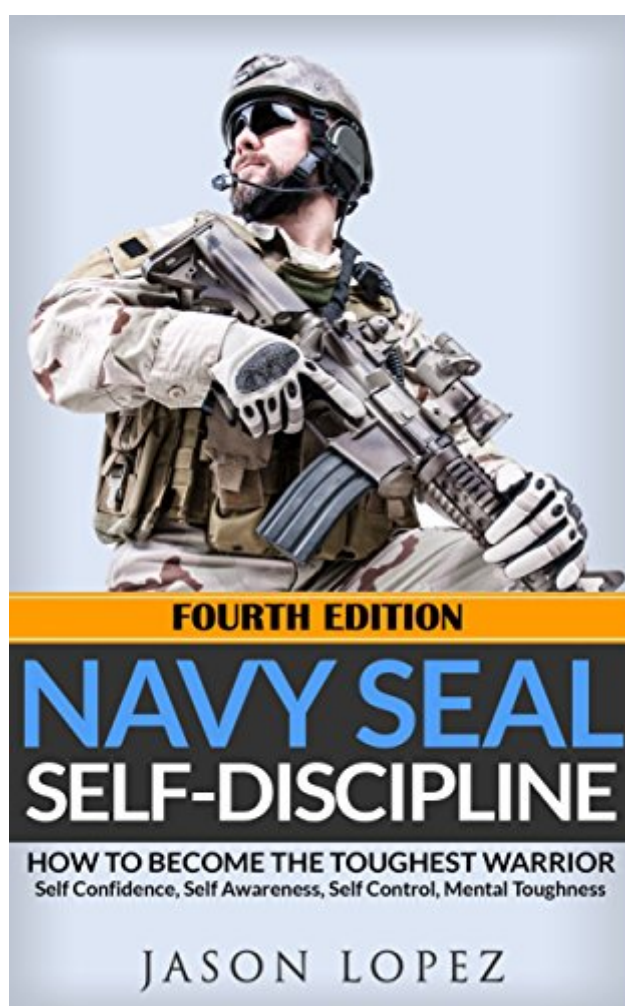


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# NAVY SEAL: Self Discipline: How To Become The Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness)





## Synopsis

Do you have what it takes to be one of the Elite? Updated 4th Edition - With Added Content! Get it Now Before the Price Increases! [Download Now](#) Take the Challenge The name "Navy SEAL" is synonymous with bravery, courage under fire, and honor. These are the men, and one day soon the women, who stand out from their peers as being part of one of the most elite military groups in the world. They have proven that they have what it takes but the question is, do you? Walk with us through the training regimen of the most feared and respected military force in the world as we take you through initial training to graduation day. Along the way you'll learn some lessons about integrity, perseverance, and honor. You don't have to be a SEAL to take these lessons and apply them to your daily life. You just need the right motivation and we're here to give it to you. Here's just a few things you'll learn about:

- The Navy SEAL Fitness regimen
- How to train your mind for everyday battle
- Being aware of what's happening around you
- How the tough keep mentally strong

Do you think you have what it takes to be a Navy SEAL? You might not be boot camp ready but when you're done with Navy SEAL Self-Discipline you'll be ready to take on life! What are you waiting for? Grab your copy today and start on the path to a new, more confident you! Download Now - Scroll up to Buy with One-Click!

## Book Information

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## Customer Reviews

This book has lots of information about Navy Seal. I wanted to learn about the rigors of the training and the type of individuals and mindset that it takes to be admitted to this elite group. I was pleasantly surprised by the book in that it focused on the mindset that is fortified through the physical training. I felt after reading the book that I really understood the attitude and determination and focus that one needs to have. Excellent.

Not worth the money. Horribly written. Hard to read with bad flow. Presented like a research paper. All information can be found by reading any other books by real SEALs or even basic research online. Reviews have similar typos and language so i question their validity. Do not buy.

Impressive information! Got a clearer picture now on the extreme physical, emotional and mental training of a Navy Seal after reading this book. The rigorous phases of their training was one of a kind. Only the bravest can pass through such test. This book has a brilliant content and was discussed in an educational manner. It's very concise in my opinion! Well recommended!

This is really a great book. I had an idea that a soldier goes through grueling training to become a Navy SEAL. But I was wrong in thinking that soldiers only go through intense sessions of physical training. This book proved me wrong. I found that they do not get trained only for peak physical fitness, but they also get trained for peak mental fitness. Reading about their training, I got goosebumps. I hope that I can include at least a small percentage of their training in my daily routine.

This is a great guide on how to be a navy seal. It describes what all the individual has to go through for becoming one and also the pros and cons after becoming one. I was always fascinated with the kind of discipline navy seals had when I still watch their movies. This book explains in detail all the points in detail as to how to become one and keep at it with determination and grit. Loved the book!

Needed this book for a research in Psychology it's a good thing I got it for a reasonable price. The Navy SEALs training seems really rigorous. Truly only does tough enough to surpass the challenge will come out. I would have a hard time if I were in their shoes. Swimming at least 500 yards within 12:30 minutes? How is that even possible? These men truly are heroes. I think the training won't work as sufficient as it will in real life, in a real camp. I think the real struggle of what makes Navy SEALs themselves is the whole package of the camp but nevertheless this is a great exercise to do and to use. It was a great read, lots of definitions and explanations.

There are multiple typos throughout the novel. Reading a novel about self-discipline and attention to detail, you would think they would have caught those errors. Very disappointed with this product.

This is an educational read. I was perusing through the list of available Kindle reads and I was so curious to see how the SEALs work and how they are made. This book definitely made it a possibility to know and acknowledge how difficult it is to get to where they are. The dedication and strength they must have is superior. The physical and cardio exercises also in this book motivated me to be more active. Definitely an inspiring read!

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NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy SEALs Mental Toughness) NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Breaking BUD/S: How Regular Guys Can Become Navy SEALs (formerly The SEAL Training Bible) Special Operations Mental Toughness: The Invincible Mindset of Delta Force Operators, Navy SEALs, Army Rangers & Other Elite Warriors! Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power

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