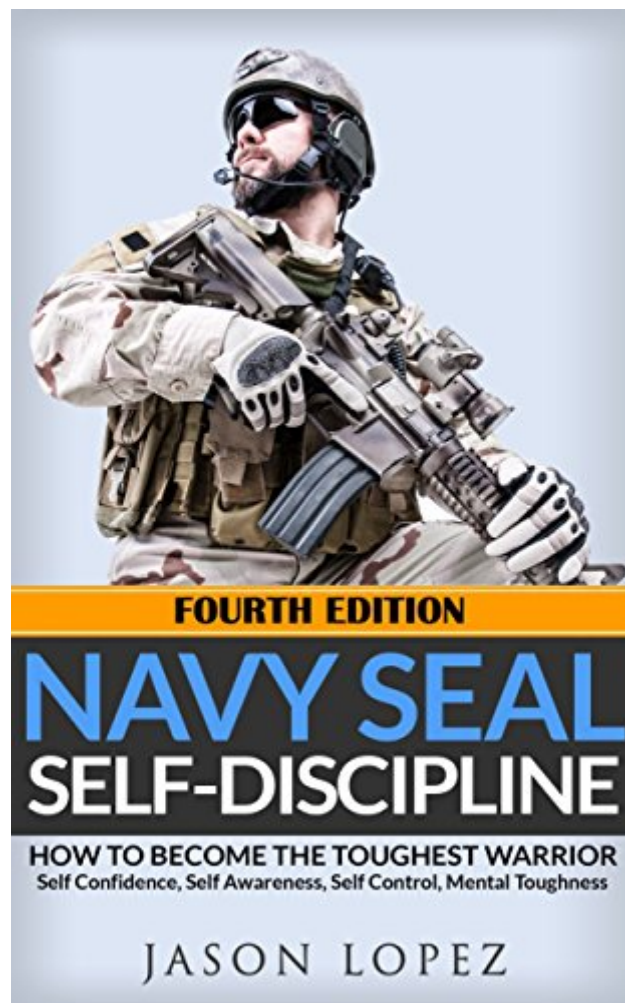


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# NAVY SEAL: Self Discipline: How To Become The Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness



## 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!~ READ FREE WITH KINDLE UNLIMITED ~BONUS RIGHT AFTER THE CONCLUSION - ACT NOW BEFORE GONE! \_\_\_\_\_ Take the Challenge

The name of 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 will 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 will 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 will 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!

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## Customer Reviews

This is an excellent guide. It explores many hidden aspects of a Navy Seal's life. It talks about the dangers that people in this career go through while trying to stay active and be with their family subsequently. This book delivers its readers the working out that brave individuals concluded to become seals. The training of Navy seal is physically as well as mentally challenging. During training time, there is hell week in which they are trained in wet and cold condition to check their ability to perform in a team under extreme high mental and physical stress. Training like navy seal give self confidence. It is good to become physically, emotionally and mentally strong. It is you if you are willing to work for them, as well as inspirational book provide detailed guidance on how to achieve your own dreams and goals. This short, easy-to-read book can be a useful tool for all those who dream to achieve something. Overall, I highly recommended this book.

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.

Navy Seals are some of the world's bravest men and considered to be some of the most elite fighters in the world. As we all know they are the one who was able to neutralize Osama Bin Laden. What does it take to be a Navy Seal? There are a lot to be considered in becoming one. This book will give you a glimpse of the life of a Navy Seal. Discover how intense and vigorous their average training for you to qualify as a Navy Seal. This book will uncover their physical and mental trainings. The author also shared the Navy Seals Ethos. This book is very informative, inspiring and motivating. After reading this book you will be more proud with our Navy Seals knowing the hard work they have gone through. This book can also be a good source of self-improvement, we can also apply some of the best traits that a Navy Seal has.

I want to become navy seal. This is the final thought after reading this book. Strong, physically and mentally, brave and powerful. I stepped into this world by this information, and just I am under heavy impression. I know it is not easy, but that's why it is valuable. Respect for seals.

I have fallen in love with the Navy Seal and everything about them. The book has given us a wide elaboration of Navy Seal and how they undertake their training to be. For sure their training is worth emulating and adopting as at the end you gain self confidence and control. It makes you to be ready to face life just as it comes with a lot of surrounding awareness. Positive self talks are crucial for one to be a Navy Seal warrior as strength from within makes things to happen. This is a must have for everyone who is alive and has a possibility of getting into situations, those need to be conquered. Excellent book for all!

This book was simple yet very informative which has a great content that easily caught my attention. What I love to this book is that the introductory part explains a lot about Navy Seals; I also love on how the author wrote the book in every Chapter and also every topic are quite interesting as well! Overall, this was a well-written book that will teach you on how to become the toughest warrior; on how to have self-discipline, self-control, self-awareness, and so much more! Good job to the author!

Navy Seals are respected and get high respect, with everything they have gone through the training to be part of the Navy really makes the best people to carry out missions in all circumstances. And the greatest lesson discussed here is self discipline. Discipline is one of the best characteristics of a great leader. Discipline most of the time is not merely taught or simply acquired, sometime it is genetic or in born. Because they are meticulous when it comes to planning, they lead as an example, teamwork is their priority, implementation of peace and safety is one of their goal. This will make you appreciate more the importance of the people wanting to be part of the Navy Seal.

One has to go through a lot of arduous tasks before one can join the ranks of the Navy Seal. One needs to have a huge amount of determination and discipline in order to succeed. We should learn from the Navy Seal to be determined and disciplined in every aspect of our lives. The book teaches us of how we can apply the training and discipline of Navy Seal to be successful in our ordinary life. The book also teaches a brief info about Navy Seal such as what they do and how to become one. Read this book and learn how to think and act like a Navy Seal and you will surely stand out in your ranks.

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