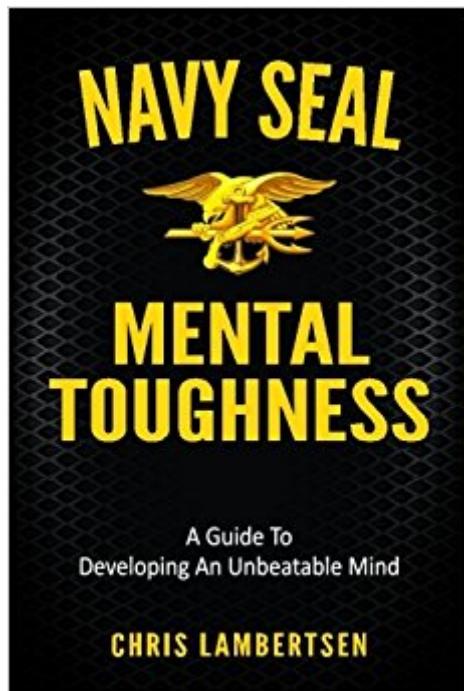


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# Navy SEAL Mental Toughness: A Guide To Developing An Unbeatable Mind



## **Synopsis**

This book will introduce to you some of the methods used by Navy SEALs to develop mental toughness and self-confidence. These techniques also apply to anyone who is interested in becoming more mentally tough, and who is willing to work toward achieving their specific personal and professional goals. Topics covered include: - Navy SEAL Training Overview - BUD/S and Hell Week: Lessons You Can Use! - Earning The Trident Every Day: How SEALs Sustain Excellence - SEAL Missions: An Inside Look At How SEALs Operate - The 23 SEAL Success Traits & Habits - Mental Toughness As Defined By The SEAL Community - The Limbic System & the Physiology of Fear - Seven Fear Suppressing Techniques Used By Navy SEALs - How To Develop A "Refuse to Lose" Mindset - The Process of Becoming Mentally Tough - Thoughts on Becoming An Extraordinary Person! This book can help you develop the same level of mental toughness and resilience that is common to members of this elite force. It is a compelling narrative with powerful insights that can help you achieve your goals!

## **Book Information**

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## **Customer Reviews**

This is a very good book, one of the best I've read on the topic of mental toughness and mindset. It is concise and to the point.. I especially liked the SEAL Missions and Conquering Fear chapters. Very well written â “ worth the investment!

I'm a fan of mindset and mental toughness books and this one is very good. I liked the fact that there was no "fluff" - it was direct and to the point. The information was well-written and the techniques explained logically. Should be read by anyone seeking to elevate their mindset!

Mental toughness is so important in all aspects of life. In everyday life we might not need or use it as often as navy seals but it is a great thing to develop. Young people could really use more mental toughness. This book lays things out really well and let's us know the steps that Navy SEALs go through to develop mental toughness. Mental toughness will help you succeed in your goals whether those goals are military, athletics, college, or career. I have a friend who is trying to decide between Marines and Navy SEALs and I can't wait to share this book with him! Read this book if you have goals in your life, you won't be disappointed.

A great "mind over matter" book!

An inspiring and educational read about those who've been first in terrorist prevention

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