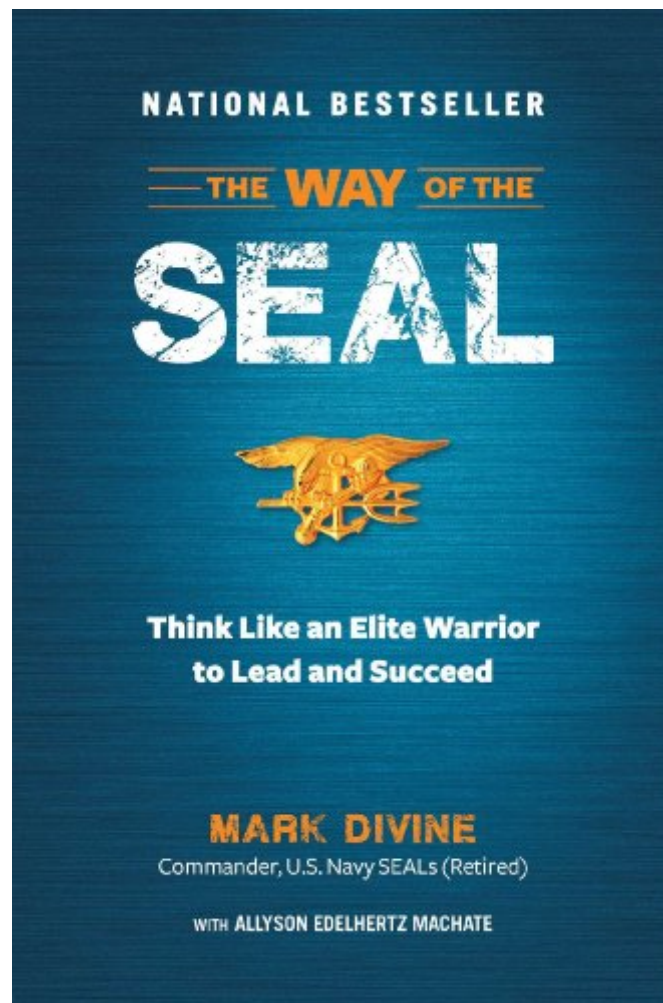




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The Way Of The Seal: Think Like An Elite Warrior To Lead And Succeed



Synopsis

In *The Way of the SEAL*, ex-Navy Commander Mark Divine reveals exercises, meditations and focusing techniques to train your mind for mental toughness, emotional resilience and uncanny intuition. Along the way you'll reaffirm your ultimate purpose, define your most important goals, and take concrete steps to make them happen. A practical guide for businesspeople or anyone who wants to be an elite operator in life, this book will teach you how to: Lead from the front, so that others will want to work for you Practice front-sight focus, the radical ability to focus on one thing until victory is achieved Think offense, all the time, to eradicate fear and indecisiveness Smash the box and be an unconventional thinker so you're never thrown off-guard by chaotic conditions Access your intuition so you can make "hard right" decisions Achieve twenty times more than you think you can and much more Blending the tactics he learned from America's elite forces with lessons from the Spartans, samurai, Apache scouts, and other great warrior traditions, Divine has distilled the fundamentals of success into eight powerful principles that will transform you into the leader you always knew you could be. Learn to think like a SEAL, and take charge of your destiny at work, home and in life.

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Customer Reviews

What you did not learn in college or business school is here. Mastery of your mind is the point and Mr. Divine does a good job of giving you the tools for success.

It's a good book. Like any book of this genre, not everything will be applicable to you, but pull the right samples out of enough books and you may be able to make your life easier!

This is great book on developing the mental and physical acuity for optimum performance in life. I highly recommend it.

Brilliant. The most effective and helpful mind and body training for all based upon strong core values and integrity. Well not much surprise here as it comes from one of those best of the best, carefully chosen, diligently trained, and tested and forged in the most extreme conditions. I can only wish that business and corporate people were at least a bit more like Mark and his fellow SEALs, the world would have been a much better place for all of us. A must to read and follow for self-development.

I've never been a SEAL, but I've been in the martial arts, law enforcement and executive protection for quite a while. This is a personal development book that really speaks to me and presents the materials in a way that is understandable and memorable. If you are the type that is used to coaches and role models that gave you a kick in the butt, you'll enjoy Mark Devine's style. He combines the esoteric aspects of Eastern philosophy and practices with the pragmatic and straightforward Western approach to motivate and inspire. I'm reading it a second time and highlighting all the great tips and techniques he delivers.

Great for anyone who would like to tap into a stronger, mind, body and soul. Easy read, informative, and great tools to make you a well rounded person both mentally, physically, and emotionally. Mark gives you the tools to "Get better everyday in everyway".

I love it so much that I keep reading it over and over. I have always had great admiration for the Navy Seals, and I always thought it took crazy (and noble) people to make it through BUD/S. Now I

have a better understanding of what it takes to be one, and that anyone can get their discipline if their hearts is into it. It's not about physical strengths, it's about your character, values, and principles. This principle helps you step by step how to discover your values that you stand for, your gifts and how to develop them, and how to find your purpose in life. This space will not be enough to say all the good things about this book. I have both, the Kindle and the Audible books and listening to Mark Divine while reading it's an extraordinary experience. Do not hesitate to buy it!

Great book! Really got me inspired to take action. Great tools for life! I will be highly recommending this book to a lottt of people! I love that it has a lot of calls to action, it gets you into actually putting the books theories to work WHILE you're reading. It is written in a way that it can apply to any "type" of person from a stay at home mom, to a business entrepreneur or aspiring navy seal. Its not all "fru fru" like some self help type books. I think my husband would actually read this and not be at risk of loosing his eyes as they roll in the back of his head :)

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