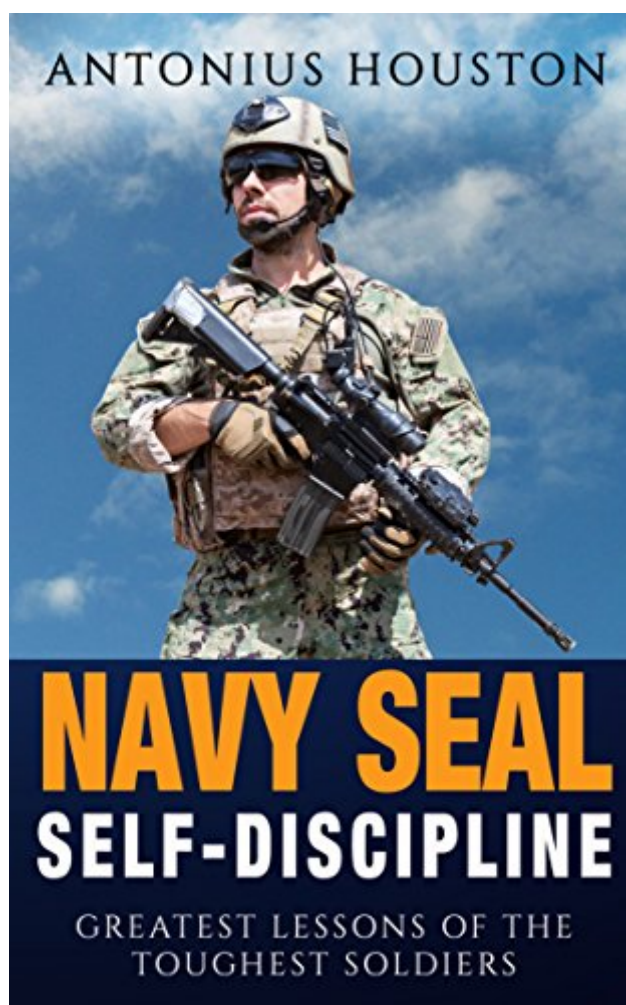


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# Navy Seal: Self-Discipline: Greatest Lessons Of The Toughest Soldiers: Self Confidence, Self Control, Mental Toughness, Resilience



## Synopsis

Suffer the Pain of Discipline or the Pain of Regrets! It sucks. It sucks to be ill-disciplined and live a stagnant life, a repetitive life. A Navy SEAL is one who has mastered the art of self-discipline. They are the elites who are courageous under fire and honorable no matter the adversities. Walk through the lessons that we can learn from the best of the best. You are going to learn the most important lessons of self-discipline and many other principles from the best of the best. CURRENTLY FREE FOR KINDLE UNLIMITED MEMBER! Take this book your shortcut towards understanding self-discipline. Learn how to discipline yourself and discipline yourself right! Inside this book, you will discover: What it takes to be a Navy SEAL Trainings as well as obstacles that all Navy SEALs went through Leadership lessons from a Navy SEAL that you will learn from it The innate power of self-motivation that we can learn from a Navy SEAL to feel driven and filled with energy How to train your resilience and mental toughness How to keep your motivation and discipline on-going with this 1 principle And so much more! This book will open your eyes to the greatest lessons that we can all learn from the bravest and most remarkable soldiers. What are you waiting for? Activate your inner self-discipline NOW! Grab this book now by scrolling up and clicking the "BUY NOW" button right away! P.S. If you really want to become more self-disciplined and improve yourself, this book is definitely for you. P.P.S. If this book is really not worth the coffee price of \$2.99, no questions asked! Refund within 7 days. P.P.P.S. What are you waiting for? Grab the book today!

## Book Information

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## Customer Reviews

I have lung cancer and metastasized to my brain. Four years ago, I was given a year to live after removing my lower left lobe of lung. This is a battle and I love how you gave information on how to use the SEALs training in other areas of life. People I know want to change areas of their life but won't do the hard work and this book shows it can be done. Recently, my scans have shown new cancer spots and I feel I need to get reinforcements and this book helped. I have a morning ritual but didn't realize how important it has been. No matter how sick I feel, I get up in the morning and make my bed, take meds, eat, walk a little and stretch then study my Bible and pray. I realize I do much of what you wrote about but in a smaller way as far as physical activity goes, but my thoughts and visualization has been very helpful. I will be reading it more than once and I have already recommended it to friends.

A really interesting read - especially for those looking to pursue a vocation as a Navy Seal. The author really pushes you to get into the mind set required, the self discipline and control. Useful tips on how to deal with stress, set, manage and achieve goals.

This book is for people who find it hard to achieve self discipline. Greatest lesson we need to learn in life is discipline for us to achieve other things in life like self confidence and success. I have learn many tips from this book.

A fine work which reveals as much as it can about the organization and men involved. The general reader should read this understanding that it cannot be an expose, or 'tell all' type of book for obvious reasons. So accept the limitations, enjoy it, and come away with an enhanced appreciation for what these men have done for all of us. This book should be considered a BIBLE for succeeding in life. I cannot say enough about the life-changing information contained in this gem. I would sure love to connect with you, Mark Grant!!! You are my kind of person. 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!

This book has lots of information about Navy Seal. You can get lots of information about this toughest soldier. This book contains some great chapters as like the journey of a warrior, the path of a leader, motivation from within, the courage of the most courageous, the resilience of the toughest, every victory counts, rise, and shine. It's great to know about Navy Seal.

This book is great! The book was exactly as described and was well packaged for safe shipping and handling. It arrived on time and in great shape. The book itself is a great read and very interesting, detailing the heroic account of the team and their mission to kill Osama Bin Laden. 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.

Although I have no intention whatsoever to join the Navy Seals 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. Also, the principles described in this book could be easily applied for everyone who wants to be flexible, to be leaders and to be better focused. Excellent Read.

A perfect book on discipline, this shows that not only military needs to have morning rituals or daily routines that will make their life's goal a success. Even ordinary people can be disciplined as Navy SEALs are. It doesn't have to be as hard to make one strong, fit, and successful, but it can definitely be doable by following proper routines from the time they woke up til they end the day. This discipline will make each one strong in faith, making sure that any hardships they will face within the day is something they can accomplish successfully.

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