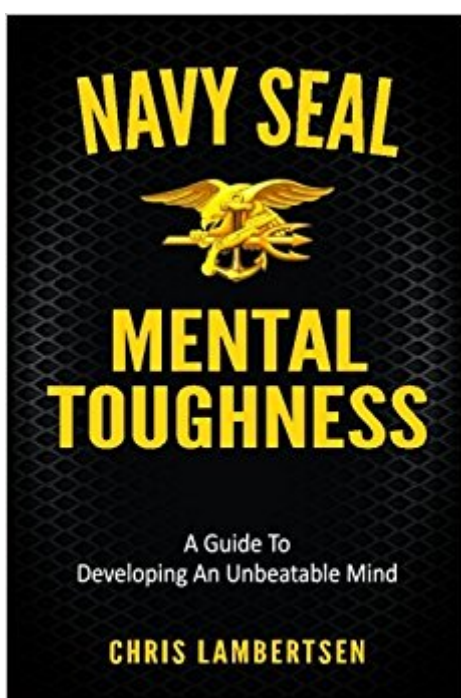


The book was found

# 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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Average Customer Review: 4.2 out of 5 stars 40 customer reviews

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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 [fÃ¢â¬â](#) [-Ã](#) [â](#) worth the investment!

This book met all expectations. My son is a wrestler and ever since he read it and began utilizing some of the techniques, we can see that he is more confident. He's been destroying everyone at tournaments. Looking forward to see what happens this year.

Very good read. Very informational and to the point. Only reason why I'm not giving it five stars is because it's only 100 pages. I finished the book in 30 minutes. I feel like they could of added more to it but all in all it's a good book.

I thought there might be more information

I found this book a little self-congratulatory, and it was very similar to The Seven Habits of Highly Effective People, but it was good. I believe it was fundamentally correct. It was concise and informative

as described.

Awesome book

I highlighted very much of the book to go back and re-read when I feel I need a reminder of the powerful advice this book holds. I also have a much greater appreciation for our Navy SEALs.

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