



## Navy Seal: Build Self-Confidence, Self -Discipline, Self-Awareness, and Mental Toughness Like a Navy Seal, the Ultimate Warrior (Paperback)

By Mark Sheppard

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Want to be as confident and strong as a Navy SEAL? Chances are you've already heard of the famous US Navy SEALs - the US Navy's primary Special Operations group. These soldiers are the elite, one of the most highly trained special operations groups in the world. When the United States needs highly expert, extremely capable, super-buff, and armed-to-the-gills fighters, it's the SEALs who get the call. These men are part of the United States Navy's sea, air and land elite force. They're tough, but they also uphold a strict moral code, and they have a clarity of thinking, courage, and loyalty to one another that is truly admirable. And they get the job done. In this book, we have put together the information you need to take on life like a Navy SEAL and to challenge yourself to live your best life. Here are just a few things you'll learn inside: What it means to be a Navy SEAL What it takes to become a Navy SEAL The Navy SEAL training program A short history of the Navy SEALs How to become courageous and...



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