



Silver Journal for Can't Hurt Me by David Goggins: A Writing Notebook for Mastering Your Mind and Defying the Odds (Paperback)

By Deep Work Publications

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Important: this is a lined writing notebook for you to write everything you are learning about mastering your mind and defy the odds as you read the book - Can't Hurt Me, by David Goggins. As you read the Can't Hurt Me, by David Goggins, write what you are learning and take action! Use Silver Journal for Can't Hurt Me by David Goggins to write the important lessons you extract learn and apply the main ideas, key points and principles from the original book by recording your lessons in this book. You can use it as your diary, writing book, notebook, journal or even a book to doodle in. For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on...



READ ONLINE
[3.38 MB]

Reviews

A whole new e book with a brand new standpoint. I have read through and i also am certain that i am going to planning to read again yet again later on. I found out this book from my i and dad advised this pdf to learn.

-- Audrey Lowe I

It is fantastic and great. It is really simplified but unexpected situations from the 50 % in the ebook. I discovered this ebook from my dad and i suggested this book to learn.

-- Dr. Luna Skiles