

Can't Hurt Me: Master Your Mind and Defy the Odds

- by David Goggins

"Denial is the ultimate comfort zone. "

Page No. 4 | Sunday, February 12, 2023 5:52:51 PM

"you're probably living at about 40 percent of your true capability. "

Page No. 6 | Friday, February 17, 2023 4:41:33 PM

"From the time you take your first breath, you become eligible to die "

Page No. 7 | Friday, February 17, 2023 4:51:57 PM

"Human beings change through study, habit, and stories. "

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"well-adjusted Goggins family, were the tip of that spear. But glossy surfaces reflect much more than they reveal. "

Page No. 9 | Saturday, February 18, 2023 1:07:41 AM

"glossy surfaces reflect much more than they reveal. "

Page No. 9 | Saturday, February 18, 2023 1:07:44 AM

"Whenever you're the only one of your kind, you're in danger of being pushed toward the margins, suspected and disregarded, bullied and mistreated by ignorant people. "

Page No. 36 | Saturday, February 18, 2023 12:09:45 PM

" "

Page No. 36 | Saturday, February 18, 2023 3:34:09 PM

"if I could find comfort at the bottom place there would be no more falling "

Page No. 43 | Sunday, February 19, 2023 5:59:25 AM

"everyone's opinion of me mattered to me, and that's a shallow way to live. "

Page No. 53 | Sunday, February 19, 2023 6:13:18 AM

"Tell yourself the truth! That you've wasted enough time, "

Page No. 60 | Sunday, February 19, 2023 6:23:09 AM

"You are stopping you "

Page No. 61 | Sunday, February 19, 2023 6:27:56 AM

"it's okay to be cruel to yourself as long as you realize you're doing it to become better. "

Page No. 62 | Sunday, February 19, 2023 6:28:18 AM

“when you have no confidence it becomes easy to value other people’s opinions, ”

Page No. 65 | Sunday, February 19, 2023 6:32:16 AM

“and self respect will always light a way forward. ”

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“Your past, your deepest fears, have a way of going dormant before springing back to life at double strength. ”

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“It’s okay to be unkind with yourself in these moments ”

Page No. 66 | Sunday, February 19, 2023 6:34:11 AM

“Whatever your goal, you’ll need to hold yourself accountable for the small steps it will take to get there. ”

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“there’s always light at the end of the tunnel, but not once your eyes adjust to the darkness, ”

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“failure was inevitable because my unchecked fear was unleashing something I couldn’t control: the quitting mind. ”

Page No. 74 | Sunday, February 19, 2023 8:39:14 AM

“back then an obstacle had appeared, and I’d folded. ”

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“there were answers buried in all that suffering. Answers that I needed. ”

Page No. 79 | Sunday, February 19, 2023 8:45:47 AM

“They weren’t motivated. They were driven. ”

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““In a society where mediocrity is too often the ”

Page No. 80 | Sunday, February 19, 2023 8:46:39 AM

““In a society where mediocrity is too often the standard and too often rewarded,” he said, “there is intense fascination with men who detest mediocrity ”

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““In a society where mediocrity is too often the standard and too often rewarded,” he said, “there is intense fascination with men who detest mediocrity, who refuse to define themselves in conventional terms, and who seek to transcend traditionally recognized human capabilities. ”

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“not all physical and mental limitations are real, and that I had a habit of

giving up way too soon. ”

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“I had to accept the very real possibility that I might die because this time I wouldn’t quit, no matter how fast my heart raced and no matter how much pain I was in. ”

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“My task may turn out to be impossible but at least I was back on a motherfucking mission. ”

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“on a regular basis. Dig out your journal again and write down all the things you don’t like to do or that make you uncomfortable. Especially those things you know are good for you. ”

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“The more often you get uncomfortable the stronger you’ll become, and soon you’ll develop a more productive, can-do dialogue with yourself in stressful situations. ”

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“To the quitter, the bell is closure. To me, every clang sounded like progress. ”

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“Everything in life is a mind game! ”

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“Taking Souls is a ticket to finding your own reserve power and riding a second wind. ”

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“Taking someone’s soul means you’ve gained a tactical advantage. ”

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“Know the terrain you’re operating in, when and where you can push boundaries, and when you should fall in line. ”

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“take inventory of your mind and body on the eve of battle. List out your insecurities and weakness, as well as your opponent’s. ”

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“Once you’re in the heat of battle, it comes down to staying power. ”

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“have to defeat your own demons before you can take your opponent’s soul. ”

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“Smile at pain and watch it fade for at least a second or two ”

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“the ticket to victory often comes down to bringing your very best when you feel your worst. ”

Page No. 117 | Saturday, February 25, 2023 5:53:00 AM

“Quote ”

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“ ”

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“Time stood still as I realized for the first time that I’d always looked at my entire life, everything I’d been through, from the wrong perspective. ”

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“My disadvantages had been callousing my mind all along and had prepared me for that moment in that pool with Psycho Pete. ”

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“The comfort of mediocrity sounded like sweet relief until Psycho screamed in my ear ”

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“The sympathetic nervous system is your fight or flight reflex. It’s bubbling just below the surface, and when you are lost, stressed out, or struggling, like I was when I was a down and out kid, that’s the part of your mind that’s driving the bus ”

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“sympathetic nervous system. What I’ve found is that you can tap into it on-call as long as you know how to manage your own mind. When you indulge in negative ”

Page No. 134 | Saturday, February 25, 2023 12:43:20 PM

“sympathetic nervous system. What I’ve found is that you can tap into it on-call as long as you know how to manage your own mind. ”

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“Blame it on the fucked-up evolutionary wiring of the human mind. ”

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“Remembering that you’ve been through difficulties before and have always survived to fight again shifts the conversation in your head. ”

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“The vast majority of us are slaves to our minds. ”

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“Physical training is the perfect crucible to learn how to manage your thought process because when you’re working out, your focus is more likely to be single pointed, and your response to stress and pain is immediate and

measurable. ”

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“The reason it’s important to push hardest when you want to quit the most is because it helps you callous your mind. ”

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“Physical challenges strengthen my mind so I’m ready for whatever life throws at me, and it will do the same for you. ”

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“The cost of quitting would be lifelong purgatory ”

Page No. 139 | Saturday, February 25, 2023 12:57:42 PM

“if I was born to suffer, then I may as well take my medicine. ”

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“I was still breathing, which meant I had to find a way to keep going. ”

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“wounds I’d been walking around with my entire life, and my denial of them amounted to a denial of myself. ”

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“my denial of them amounted to a denial of myself. ”

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“I was my own worst enemy! It wasn’t the world, or God, or the Devil that was out to get me. It was me! ”

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“Most of us sweep our failures and evil secrets under the rug, but when we run into problems, that rug gets lifted up, and our darkness re-emerges, floods our soul, and influences the decisions which determine our character. ”

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“I was rejecting my past and therefore rejecting myself. ”

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“make peace with yourself by facing those incidents and all of your negative influences, and accepting them as weak spots in your own character. ”

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“when you examine your experiences with a fine-toothed comb and see where your issues come from, you can find strength in enduring pain and abuse. ”

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“But visualization isn’t simply about daydreaming of some trophy ceremony—real or metaphorical. ”

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“but if you engage in strategic visualization ahead of time, you’ll be as prepared as you possibly can be. ”

Page No. 159 | Sunday, February 26, 2023 8:43:50 AM

“if you engage in strategic visualization ahead of ”

Page No. 159 | Sunday, February 26, 2023 8:43:55 AM

“if you engage in strategic visualization ahead of time, you’ll be as prepared as you possibly can be. ”

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“This challenge doesn’t have to be physical, and victory doesn’t always mean you came in first place. ”

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“When we’re comfortable we can’t answer those simple questions that are bound to arise in the heat of battle because we don’t even realize they’re coming. ”

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“humans tend to hatch our most challenging goals and dreams, the ones that demand our greatest effort yet promise absolutely nothing, when we are tucked into our comfort zones ”

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“if you allow your mind to remain undisciplined in an environment of intense suffering (it won’t feel like it, but it is very much a choice you are making), the only answer you are likely to find is the one that will make it stop as fast as possible. ”

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“I am the reason I still have a chance ”

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“We all have a cookie jar inside us, because life, being what it is, has always tested us. Even if you’re feeling low and beat down by life right now, I guarantee you can think of a time or two when you overcame odds and tasted success. It doesn’t have to be a big victory either. It can be something small. I know we all want the whole victory today, but when I was teaching myself to read I would be happy when I could understand every word in a single paragraph. I knew I still had a long way to go to move from a third-grade reading level to that of a senior in high school, but even a small win like that was enough to keep me interested in learning and finding more within myself. You don’t drop one hundred pounds in less than three months without losing five pounds in a week first. Those first five pounds I lost were a small accomplishment, and it doesn’t sound like a lot, but at the time it was proof that I could lose weight and that my goal, however improbable, was not impossible! The engine in a rocket ship does not fire without a small spark first. We all need small sparks, small accomplishments ”

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“We all have a cookie jar inside us, because life, being what it is, has always tested us. Even if you’re feeling low and beat down by life right now, I guarantee you can think of a time or two when you overcame odds and tasted success ”

Page No. 186 | Sunday, February 26, 2023 10:35:42 PM

“The engine in a rocket ship does not fire without a small spark first ”

Page No. 187 | Sunday, February 26, 2023 10:36:51 PM

“We need to spark a bunch of small fires to become the motherfucking inferno ”

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“ ”

Page No. 190 | Sunday, February 26, 2023 10:59:26 PM

“Set ambitious goals before each workout and let those past victories carry you to new personal bests ”

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“If you’re more focused on intellectual growth, train yourself to study harder and longer than ever before, or read a record number of books in a given month. ”

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“come to a point in any exercise where pain, boredom, or self-doubt kicks in, and you’ll need to push back to get through it. ”

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“the threshold for suffering is different for everybody. What’s universal is the impulse to succumb ”

Page No. 207 | Monday, February 27, 2023 5:23:52 AM

“most of us give up when we’ve only given around 40 percent of our maximum effort. ”

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“Over a period of time, your tolerance for mental and physical suffering will have expanded because your software will have learned that you can take a hell of a lot more than one punch, ”

Page No. 209 | Monday, February 27, 2023 5:27:35 AM

“The first step is to remember that your initial blast of pain and fatigue is your governor talking. ”

Page No. 210 | Monday, February 27, 2023 5:28:12 AM

“you are in control of the dialogue in your mind, and you can remind yourself that you are not as drained as you think ”

Page No. 210 | Monday, February 27, 2023 5:28:35 AM

“you can remind yourself that you are not as drained as you think ”

Page No. 210 | Monday, February 27, 2023 5:28:37 AM

“staying in the fight is always the hardest, and most rewarding, first step. ”

Page No. 210 | Monday, February 27, 2023 5:29:32 AM

“that’s how our governor works. It massages your ego even as it stops you short of your goals. ”

Page No. 211 | Monday, February 27, 2023 5:30:50 AM

“We must remove our governor. That day on the Hurt 100 circuit ”

Page No. 213 | Monday, February 27, 2023 5:33:43 AM

“We must remove our governor. ”

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“Research is one part of preparation; visualization is another. ”

Page No. 216 | Monday, February 27, 2023 5:36:59 AM

“We must create a system that constantly reminds us who the fuck we are when we are at our best, because life is not going to pick us up when we fall. ”

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“we are only capable of living up to the image we create for ourselves. ”

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“You will be made fun of. You will feel insecure. You may not be the best all the time. You may be the only black, white, Asian, Latino, female, male, gay, lesbian or [fill in your identity here] in a given situation. There will be times when you feel alone. Get over it! ”

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“minded is often tagged as new age or soft. Fuck that. ”

Page No. 218 | Monday, February 27, 2023 5:40:23 AM

“minded is often tagged as new age or soft. Fuck that. Being open minded enough to find a way is old school. It’s what knuckle draggers do. And that’s exactly what I did ”

Page No. 218 | Monday, February 27, 2023 5:40:28 AM

“Being open minded enough to find a way is old school. It’s what knuckle draggers do. And that’s exactly what I did. ”

Page No. 218 | Monday, February 27, 2023 5:40:31 AM

“What they didn’t know was the battlefield for me was my own mind. ”

Page No. 220 | Monday, February 27, 2023 5:42:21 AM

“if you are on the hunt for your 100 percent you should catalog your weaknesses and vulnerabilities ”

Page No. 221 | Monday, February 27, 2023 5:48:53 AM

“pulled on another layer. In the military we always say we don’t rise to the level of our expectations, we fall to the level of our ”

Page No. 224 | Monday, February 27, 2023 5:53:07 AM

“There is no finish line, Goggins. There is no finish line. ”

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“main objective here is to slowly start to remove the governor from your brain ”

Page No. 229 | Monday, February 27, 2023 9:54:13 PM

“Your job is to push past your normal stopping point. ”

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“This gradual ramp-up will help prevent injury and allow your body and mind to slowly adapt to your new workload. ”

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“The bottom line is that life is one big mind game. ”

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