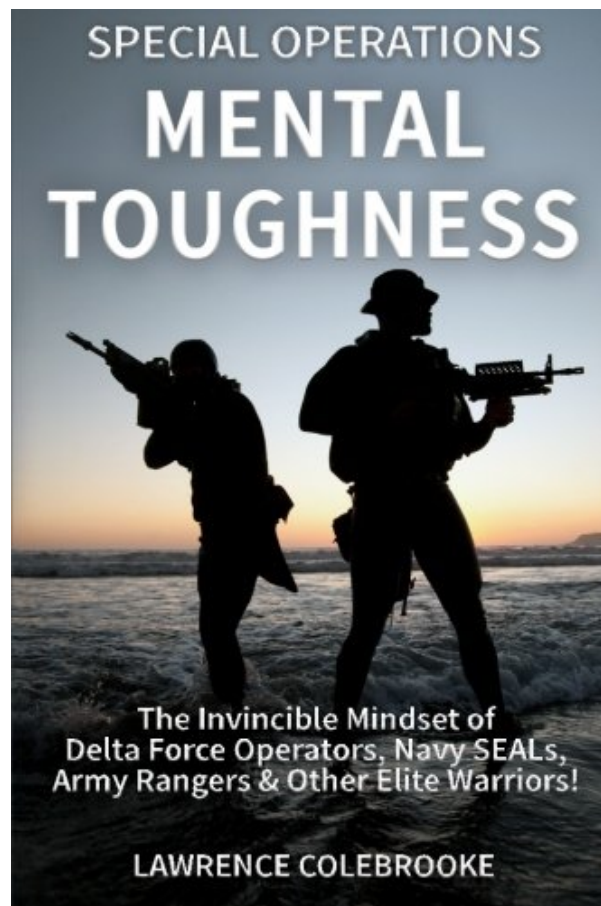


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The members of America's Special Operations Forces are renowned world-wide for their exceptional military prowess and sheer physical toughness. However, the major factor in the success these warriors achieve is their mental toughness, decisiveness, resilience and ability to control their natural physical and psychological responses to fear and stress during some of the most dangerous situations imaginable.

These extraordinary warriors possess a unique mindset that enables them to successfully attack and overcome obstacles and challenges that others can't - or for various reasons - won't even try to tackle. Now, you can leverage the insights and advice of members of some of Americas' elite military units to elevate your level of mental toughness and self-confidence.

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- How to Control Fear, Stress & Anxiety
- The Navy SEAL Seven Pillar Technique
- Methods of Developing Exceptional Self-Confidence
- The "Whole Person" Approach to Personal Development
- How Special Operators Achieve Excellence via "Deliberate Practice"
- The "Wet Socks" Story: A Special Operators' Thoughts on Overcoming Adversity
- The Four Levels of Competence: How You Can Apply Them To Your Life
- How to Set Goals, Take Action & Achieve Success

This book is designed to help you develop the same mindset, strength of will and winning mentality that is shared by Americas' most capable and respected warriors. It can help you change your perspective on how you have been approaching various aspects of your personal and professional life and it provides techniques, tools and tips that can help you achieve your dreams and goals!

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If you want to succeed in life...develop mental toughness!

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I am really glad I read this book. I have two teenagers at home who will be reading it next. If you want to succeed in life, develop mental toughness. Everything laid out in this book will help people succeed in their career, studies, or athletics. The concepts that our special operators have are excellent and will help you succeed. Read this book. Share it with young people. Appreciate our military and learn how to develop mental toughness to succeed in this crazy world we live in!

2 of 2 people found the following review helpful.

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I thought it was a great book!! I enjoy learning the different aspects of what goes into the training to be a part of the Special Operations. I have the utmost respect for our military and especially those who make up the special operations teams. To me this book is also a great motivational tool for young people to apply the "mental toughness" and focus on whatever their goals are, whether it is academics or sports or a career.

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