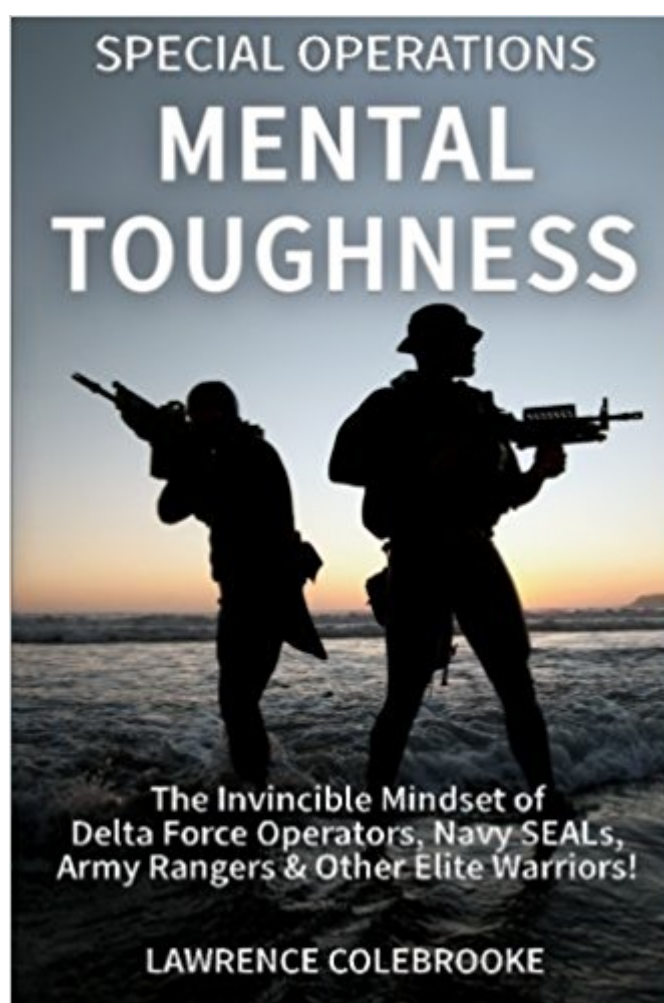


The book was found

Special Operations Mental Toughness: The Invincible Mindset Of Delta Force Operators, Navy SEALs, Army Rangers & Other Elite Warriors!



Synopsis

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 America's elite military units to elevate your level of mental toughness and self-confidence. Topics covered in this book include: - The Rite of Passage: An Introduction to Special Operations Selection - The Special Operator Mindset: Individual Traits, Attitudes, Tactics & Techniques - How You Can Develop a "Spec-Ops" Level of Mental Toughness - 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 America's 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!

Book Information

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Customer Reviews

It is a well put together book for every day people that need direction in their lives and if implemented will get them out of their ruts

The author brings a fresh approach to a somewhat complicated theme that has already been much discussed. Tapping into the experience of America's most elite warriors, the author provides ample evidence that everyone is capable of great success if they can pay the price and apply the simple rules required to achieve mental toughness.

Great book if you are looking to glean some mental toughness basics from SOF soldiers who had to learn it through much tougher methods. I found the book somewhat short and some of the stories of heroic service are told and then duplicated with the official medal narrative. Anyone looking to improve mental toughness will gain something from this book

I, m a retired US Coastguardsman and there were many recognizable attributes that I experienced on my way through 25 years of service and attainment of pay grade MCPO/E-9. This book pulled so much of that experience together in many aspects and will now serve as the template for another new professional and business venture I am about to embark on.

Every book on this subject is similar in nature but it's a rare thing to find one that is written plainly enough that it is both understandable and relevant in different areas. This book is both. As a SWAT team leader and an American Legion Baseball coach I am constantly trying to find new ways to help both of my "teams" find their true potential, especially with their mental game. This book will do just that and, as strange as it may sound, I'm perfectly comfortable giving it to both my SWAT operators and my baseball players as it will benefit both.

I found the book very insightful and tied right to my Business needs , leadership needs, and personal needs. Very valuable!

Outlines what it takes to be successful in the dangerous, fluid, high stress world of special forces operators and lays out template for implementing those same characteristics in your daily life

Read this book if you want to be a tougher warrior!

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