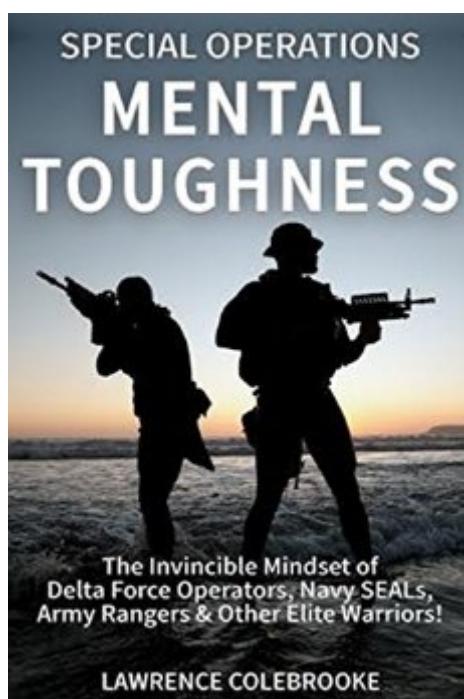


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# Special Operations Mental Toughness: The Invincible Mindset Of Delta Force Operators, Navy SEALS, Army Rangers & Other Elite Warriors!



## **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 Americas' 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 SuccessThis 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!

## **Book Information**

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## **Customer Reviews**

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!

I've read many books related to special operations soldiers and how they think and act during stressful situations. This book is one of the best and does a good job of relating various aspects of mental toughness and how to develop it. I also enjoyed the stories that described the heroic actions of several special operators, all of whom displayed incredible courage and the "Never Quit" mentality that I am striving to develop in myself.

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

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.

Good book, good info on managing fear/being mentally tough. I'm a dog behaviourist who works with aggression and has to be calm and run into fire and break up dog fights. So very helpful book. Author does take a while to get into the point, seems to explain what he wants to explain too much at first.

Again, another great book highlighting the importance mental toughness plays in completing difficult tasks. So many focus of the physical aspects but miss out that it is the mental toughness that sets the operators apart.

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.

This is one of the best mindset books I've read. It contains some interesting knowledge that I wish I had as a young athlete. I really liked the "Wet Socks" story and realized that this concept applies to various situations in my life. Overall, a very good book that I enjoyed reading!

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