



Navy SEAL Mental Toughness: A Guide To Developing An Unbeatable Mind

Chris Lambertsen

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This book will introduce to you some of the methods used by Navy SEALs to develop mental toughness and self-confidence. These techniques also apply to anyone who is interested in becoming more mentally tough, and who is willing to work toward achieving their specific personal and professional goals.

Topics covered include:

- Navy SEAL Training Overview
- BUD/S and Hell Week: Lessons You Can Use!
- Earning The Trident Every Day: How SEALs Sustain Excellence
- SEAL Missions: An Inside Look At How SEALs Operate
- The 23 SEAL Success Traits & Habits
- Mental Toughness As Defined By The SEAL Community
- The Limbic System & the Physiology of Fear
- Seven Fear Suppressing Techniques Used By Navy SEALs
- How To Develop A "Refuse to Lose" Mindset
- The Process of Becoming Mentally Tough
- Thoughts on Becoming An Extraordinary Person!

This book can help you develop the same level of mental toughness and resilience that is common to members of this elite force. It is a compelling narrative with powerful insights that can help you achieve your goals!

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James Fletcher:

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Carla Heyward:

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