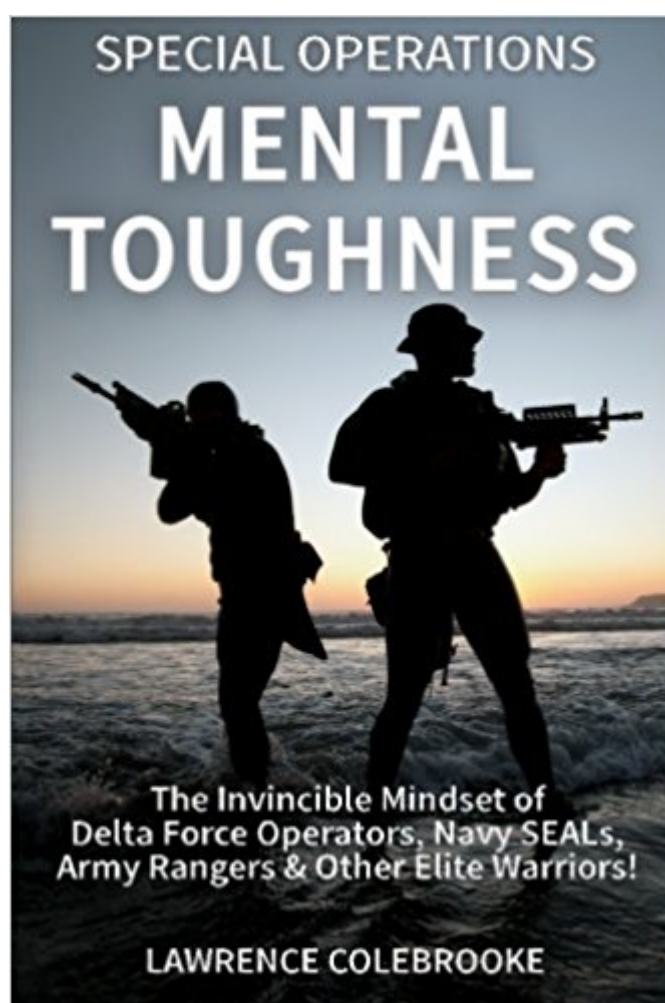


The book was found

# 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 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 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!

## Book Information

Paperback: 144 pages

Publisher: CreateSpace Independent Publishing Platform (December 4, 2015)

Language: English

ISBN-10: 1519596367

ISBN-13: 978-1519596369

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 56 customer reviews

Best Sellers Rank: #93,075 in Books (See Top 100 in Books) #124 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology

## 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!

[Download to continue reading...](#)

Special Operations Mental Toughness: The Invincible Mindset of Delta Force Operators, Navy SEALs, Army Rangers & Other Elite Warriors! NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) U.S. Special Forces: A Guide to America's Special Operations Units-The World's Most Elite Fighting Force The U.S. Navy SEAL Survival Handbook: Learn the Survival Techniques and Strategies of America's Elite Warriors (US Army Survival) Delta Force: A Memoir by the Founder of the U.S. Military's Most Secretive Special-Operations Unit Warrior Mindset: Mental Toughness Skills for a Nation's Peacekeepers Point Man: Inside the Toughest and Most Deadly Unit in Vietnam by a Founding Member of the Elite Navy Seals (Army Air Force and U.S. Air Force Decorations) Decorations, Medals, Ribbons, Badges and Insignia of the United States Air Force: World War II to Present, 2nd Edition Special Forces Berlin: Clandestine Cold War Operations of the US Army's Elite, 1956-1990 Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level (Third Edition: Updated & Revised) Inside Delta Force: The Story of America's Elite Counterterrorist Unit Navy SEAL Mental Toughness: A Guide To Developing An Unbeatable Mind Spellman's Standard Handbook for Wastewater Operators: Fundamentals, Volume I (Spellman's Standard Handbook for Wastewater Operators Series) (Volume 1) Trident K9 Warriors: My Tale From the Training Ground to the Battlefield with Elite Navy SEAL Canines Delta Force: Gulf War Operations in Iraq NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Power Rangers Artist Tribute (Mighty Morphin Power Rangers) A Complete Guide to Military Ribbons of the United States Army, Navy, Marines, Air Force, Coast Guard and Merchant Marine 1861 to 2014 Killer Elite: Completely Revised and Updated: The Inside Story of America's Most Secret Special Operations Team

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)