



The Way of the SEAL: Think Like an Elite Warrior to Lead and Succeed

By Mark Divine, Allyson E. Machate

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Blending the tactics he learned from America's elite force with lessons from the Spartans, samurai, Apache scouts, and other great warrior traditions, Mark Divine has distilled the fundamentals of success into eight powerful principles that will transform you into the leader you always knew you could be. Learn to think like a SEAL and lead.

In *The Way of the SEAL*, ex-Navy Commander Mark Divine reveals exercises, meditations and focusing techniques to train your mind for mental toughness, emotional resilience and uncanny intuition. Along the way you'll reaffirm your ultimate purpose, define your most important goals, and take concrete steps to make them happen. A practical guide for businesspeople or anyone who wants to be an elite operator in life, this book will teach you how to:

- Lead from the front, so that others will want to work for you
- Practice front-sight focus, the radical ability to focus on one thing until victory is achieved
- Think offense, all the time, to eradicate fear and indecisiveness
- Smash the box and be an unconventional thinker so you're never thrown off-guard by chaotic conditions
- Access your intuition so you can make "hard right" decisions
- Achieve twenty times more than you think you can
- and much more

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Learn to think like a SEAL, and take charge of your destiny at work, home and in life.

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Editorial Review

Review

"With his velvety voice and flawless phrasing in high gear, John Pruden's performance conveys militaristic certitude but never slips into dogmatism or condescension. It's the good kind of certitude, which serves as a constant reminder of how much mental and physical discipline it takes to be a Navy Seal." ---AudioFile

About the Author

A native of Oneida County, New York, **Mark Divine** served in the U.S. Navy SEALs for 20 years, retiring as a commander, and holds an MBA from New York University's Leonard N. Stern School of Business. The founder of SEALFIT, NavySeals.com, and U.S. CrossFit, he has started and led six multimilliondollar business ventures. Having coached thousands of Navy SEAL and other Special Operation candidates with a success rate near 90 percent, Mark now trains the public in the eight Way of the SEAL principles through his Unbeatable Mind Academy (unbeatablemind.com). The author of 8 Weeks to SEALFIT and Unbeatable Mind, he lives in Encinitas, California, with his wife, Sandy, and son, Devon.

Allyson Edelhertz Machate (allymachate.com) is a Phi Beta Kappa member and the founder of Ambitious Enterprises, an award-winning business that offers expert writing and editorial services to business professionals, publishers, agents, and authors. A New York native, she leads a team of content professionals from her home near Baltimore, Maryland.

Users Review

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