



NAVY SEAL Self-Discipline:: How To Become The Toughest Warrior

Jason Lopez

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Do you have what it takes to be one of the elite?

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Take the challenge

The name “Navy SEAL” is synonymous with bravery, courage under fire, and honor.

These are the men, and one day soon the women, who stand out from their peers as being part of one of the most elite military groups in the world. They have proven that they have what it takes but the question is, do you?

Walk with us through the training regimen of the most feared and respected military force in the world as we take you through initial training to graduation day. Along the way you’ll learn some lessons about integrity, perseverance, and honor. You don’t have to be a SEAL to take these lessons and apply them to your daily life. You just need the right motivation and we’re here to give it to you.

Here’s just a few thing you’ll learn about:

- The Navy SEAL Fitness regimen
- How to train your mind for everyday battle
- Being aware of what’s happening around you
- How the tough keep mentally strong

Do you think you have what it takes to be a Navy SEAL? You might not be boot camp ready but when you’re done with *Navy SEAL Self-Discipline* you’ll be ready to take on life! What are you waiting for? Grab your copy today and start on the path to a new, more confident you!

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Carrie Porter:

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