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

Lawrence Colebrooke

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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!

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