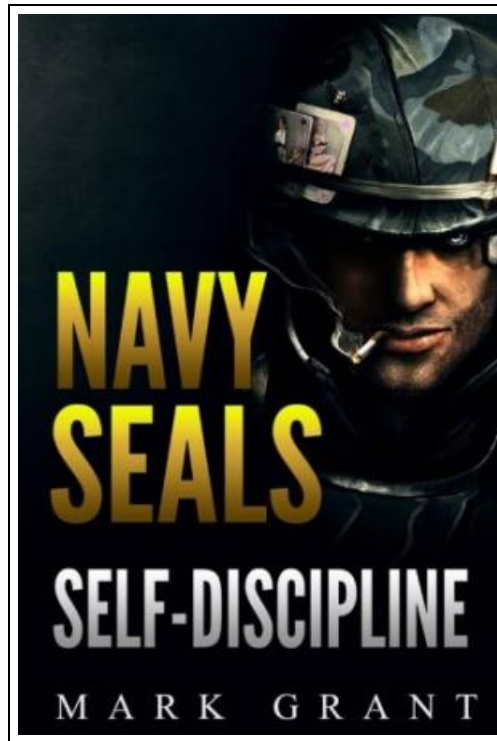


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It s Time To Transform Your Life and Unleash the Beast ! The toughest, strongest and most powerful men in the world are the Navy SEALs - they are undefeated in combat, take on missions that are too dangerous for any other team, and are capable of bringing down an entire empire if they so wish. And yet, they are no different than you or I; they are but normal men who have managed to train their bodies and their minds, turning themselves into weapons to be feared. So, what is it that makes them so strong? It s simple: self-discipline. Navy SEALs are some of the most disciplined men in the world; they have to be, given the strenuous training they are put through. From prep school to BUD/S training, the SEALs go through a tough training regimen that builds both body and mind. You and I can also incorporate that self-discipline into our lives! Try and answer these questions: Do you want to achieve success in life through understanding your sense of self? Do you want become more disciplined to attain your goals? Do you want to become more physically fit, be able to control your fears and attain success through a goal-oriented approach? This book will tell you how you can do all these things by understanding how the Navy SEALs work; you can read about their training regimen, their daily routines and how they manage to keep themselves so fit! Here you will find a practical guide to all the things that you can do to become as self-disciplined as the SEALs. You may not be able to achieve that level of physical fitness, or...



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