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Breaking BUD/S: How Regular Guys Can Become Navy SEALs (formerly The SEAL Training Bible)



Synopsis

INCLUDES MENTAL TOUGHNESS SECRETS OF THE NAVY SEALS. Formerly Titled: The SEAL Training Bible

From the Back Cover: How do you eat an elephant? Elephants are huge. Your mouth - despite what your highschool teachers said - is small. You eat it one bite at a time. You want to be a Navy SEAL, we call ourselves Team Guys. You want to be paid to jump out of airplanes in the middle of the night, to sneak behind enemy lines and snatch bad guys out of their beds, to be elite and be silent and be deadly. You want to test yourself against one of the hardest selection and training programs in the world and prove to yourself there's nothing you cannot do. This is no small order, as you likely know. It takes a special level of dedication and focus to make it, but it isn't impossible. If you can pass the basic SEAL Challenge physical requirements, you can physically become a SEAL.

SEAL Challenge Requirements: 500 yd. swim (breast stroke or CSS): 12:30 10 minute rest Pushups (2min): 42 Situps (2min): 50 Pullups (unlimited time): 6 10 minute rest 1.5 mi. Run: 11:00

If you can meet or beat these scores, you have what it takes to be a Team Guy. Let that sink in. Better scores indicating better fitness might make it easier on you mentally, but if you can meet or beat these scores, you have everything you need to become one of the world's elite Special Operations Forces (SOF). You don't need to have an XBOX or Playstation to get your action fix: you can get it at work every day. There should be an alarm going off in your head right now telling you something's wrong here. If that's all there is to it, then why do so few make it? Why do so many dedicated men fail to become Team Guys, despite their burning desires - or extreme dedication? Why do thousands of men give up on their dream every year? They're not eating that elephant one bite at a time. Unlike every other book about Basic Underwater Demolition/SEAL Training (BUD/S) in general, this book is going to show you how thousands of normal guys before you have successfully navigated BUD/S and gone on to become Navy SEALs. By the time you finish this book, you will be more prepared for BUD/S than any other candidate out there. You'll know the best way to keep up on soft-sand runs, you'll know the best techniques for Log PT, you'll know what to focus on during Pool Comp, and you'll be better prepared for Hell Week. You'll have the best set of tools possible to complete BUD/S. This won't make it easy by any means and the book won't do it for you. There are no cheat codes at BUD/S - you still have to do everything yourself. You might still Drop On Request (DOR) and quit. But knowledge is a weapon, and if you know what to expect and how people have done things before, you have a psychological edge and will be able to keep your head in the game. And it IS a game. BUD/S is a long, terrible, miserable game that you won't want to play most of the time. But if you want to be a SEAL, you'll play the game to the end. And at the

end you get your Trident. I'll show you how. This 424-page book will give you the most in-depth look at BUD/S on record. There are BUD/S evolution details and advice here that you can't find anywhere else. No internet forum or email or TV special can get this exhaustive. If you're serious about becoming a Navy SEAL, if you're interested in the most detailed description of SEAL training available in the world, or you're interested in the physical and mental performance techniques of the elite, Breaking BUD/S is your guide to life.

Book Information

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Customer Reviews

Guys if you're even considering Bud/S then of all the resources you can get this is one that you MUST have. Details and more insights than anything you'll read or see. Or even if you're an old guy like me who is a Navy vet from decades past you'll find this book entertaining, funny and "real." Plus the author lists must read books to anyone even considering BUD/S. Plutarch? Really??!! Well hell yeah! The Life of Alexander the Great?? And after you read Breaking BUD/S watch again the movie "300". It will take on a new meaning. And yes, the author is correct. BUD/S seems to be, when viewed from the outside, all physical but in reality, it's a rite of passage not unlike what the Spartan men and boys endured. Getting through it is mental, the will to never quit and the identity change

from that of a rugged individual to a total team guy. Did I say this book is funny? It really is a hoot! Added later.....a must read if you're thinking of signing up? This book should be on the author's "required reading" list "With The Old Breed" by EB Sledge. After reading about what the Marines endured at Peleliu and Okinawa during WW 2 any BUD/S candidate can take a tremendous amount of encouragement and strength with him especially during Hell Week. These Marines endured 2 1/2 months of hell on Okinawa spending much time in the mud, constantly wet, getting shot at by snipers and artillery, dealing with horrific smells of rotting corpses left on the battlefield, lack of sanitation and food, going crazy from the insane conditions and lack of sleep. Think of these guys, your grandpa, don't let them down. Seriously? Hell Week should be a walk in the park. These WW2 infantry vets would have gladly traded their literal hell for your Hell Week.

I read a lot of books on physical and mental training and this book really stands up with the best of them. For one it gives you realistic standards that you will have to meet to be successful in BUD/S. The book also doesn't candy coat anything about the personal hardships and depravations you will face. Yet despite all that there are ways to cope and thrive and that is to work for "small victories" and to charge into every task as hard as you can and "embrace the suck". This is done by learning how to cheat and not get caught and by knowing all the details of everything from what the instructors like to find in your room refrigerator during room inspections to how to run the obstacle course in the most efficient way possible. From a personal view point I am never doing to BUD/S but the reason why I loved this book is because it has a lot of mental strategies that everyone can use to deal with the challenges of life. The PT standards are something you can compare yourself too and I used the run plan workout that was suggested with great success. However the best part of this book is the simple fact that is really entertaining. You feel like you're having a personal conversation with the author over a beer. Getting all the inside tips, interesting stories and experiences of the author.

In the back of this book, the authors include a pretty comprehensive reading list for those who are seriously considering becoming SEALs. While I have only read two of the books from the list, they both came from the "Required Reading" section. Those books include "The Warrior Elite" and "The Finishing School" by Dick Couch. I bought this book last night and finished it an hour ago. This book belongs at the top of its own revised "Required Reading" list. Half of this is due to the fact that it describes in detail a more updated version of BUD/S, and is therefore a bit more relevant. The other half is due to the sheer frankness and honesty of the coauthor and narrator, Mark Owens. I've read

quite a few other books about other post-9/11 SEALs and their exploits. All are fascinating, but sometimes I've felt they stray into the self-indulgent territory. Not so in this book.** This book is the most refreshingly honest and objective thing I've ever read about BUD/S and what it takes to make it through. Mr. Owens is an officer and describes his personal route via OCS, but also details the exact steps an enlisted man would take and the best way to prepare for either option. Like many men, I've often wondered if I had the ability to be a SEAL. It's something that I've wrestled with for a long time, but Mr. Owens did something that no other SEAL author was able to do. Through his forthright accounts, he made me realize the SEAL lifestyle is not for me, and for that, I'm grateful. I gave this book five stars because it educated me in a way no other book on the same subject has done. Through this education, it answered a burning question and also made me laugh out loud from the politically incorrect humor the Team guys share. If being a SEAL is what you actually want, this book will get you there. If you think being a SEAL is what you want, this will answer the question and then, if it's right for you, it will get you there. If not, it will at least give you a reason to laugh and appreciate the guys who do what most people, such as myself, can only dream of.** To be clear, I've loved all the books I've read about the SEALs, pre- and post-9/11. They served as fascinating character studies and made me relieved that we have so many great men volunteering for such a demanding and necessary job. The last thing I would ever be is critical of a real man doing a real man's job. I am, even by comparison to an Army mess cook, soft as baby sh!t.

Fascinating look inside the SEALs' training. Anyone thinking about trying for this type of life should read this book. It cleared up the situation for me - first I could never do it - second I would never want to do it - although while I was in boot camp I wanted to try out for UDT. While I already had great respect for our special ops people this put it over the top. Now I know what's so special about these guys.

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Breaking BUD/S: How Regular Guys Can Become Navy SEALs 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) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Navy SEAL Training Class 144: My BUD/S Journal Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks,

obedience training, puppie) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Bud Hastings Avon Collectors Ency & California Perfume Co (Bud Hastin's Avon and Collector's Encyclopedia) Cute Guys! Coloring Book-Volume One: A grown-up coloring book for ANYONE who loves cute guys! (Cute Guys! Coloring Books) (Volume 1) SEAL Team Six: Memoirs of an Elite Navy SEAL Sniper Seal Survival Guide: A Navy Seal's Secrets to Surviving Any Disaster Dirty SEAL (A Navy SEAL Romance) (The Maxwell Family) Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Raising Men: Lessons Navy SEALs Learned from Their Training and Taught to Their Sons Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Built from Scratch: How a Couple of Regular Guys Grew The Home Depot from Nothing to \$30 Billion

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