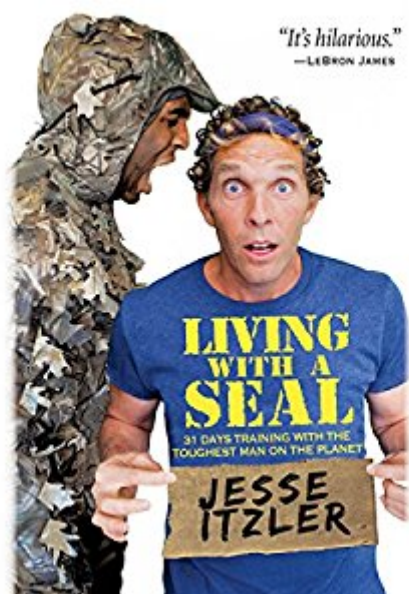


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# Living With A SEAL: 31 Days Training With The Toughest Man On The Planet



## Synopsis

Entrepreneur Jesse Itzler will try almost anything. He brazenly pretended to be an established hip-hop artist to secure a meeting with a studio head - and it led to a record deal. He convinced a bunch successful business executives to invest in an unprecedented business plan - and it turned into Marquis Jet. He sincerely offered to run a 100-mile race in Spanx to get the attention of the beautiful founder of the company - and ended up marrying her. His life is about being bold and risky. And it's brought him plenty of rewards. So when Jesse felt himself drifting on autopilot, he hired a rather unconventional trainer to live with him for a month - an accomplished Navy SEAL widely considered to be "the toughest man on the planet"! Living with a SEAL is like a buddy movie if it starred the Fresh Prince of Bel-Air...and Rambo. Jesse is about as easy-going as you can get. SEAL is...not. He even shows up at Jesse's apartment with an inflatable raft just in case the Itzler family ever has to escape Manhattan by crossing the Hudson River. Jesse and SEAL's escapades soon produce a great friendship, and by the time SEAL leaves, Jesse is in the best shape of his life, but he gains much more than muscle. At turns hilarious and inspiring, Living with a SEAL ultimately shows you the benefits of stepping out of your comfort zone.

## Book Information

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## Customer Reviews

I'm a voracious reader, and Living with a Seal has prompted me to write my first review. Just finished the book. I feel like I'm owed \$15 for having been a walking audio book over the last few days. I've retold so many of the crazy stories to my friends. Either to get a laugh or share the book's

message: push yourself out of your comfort zone. Great to read a book that motivates me to grow and do more through humor and stories without getting preachy. 2 amazing guys with different stories and lessons. Enjoy it and learn!

Early in my reading of Bill Bryson's "A Walk in the Woods," I found myself thinking, "I should walk the Appalachian Trail!" A few chapters later, after learning of Bryson's hiking, sweating, and chafing experience, all I could think was, "Screw that. I'll stay indoors, thank you very much." I had a similar experience reading Jesse Itzler's informative, inspiring and hilarious fitness memoir, "Living with a SEAL." Itzler is a compulsively motivated human being who has achieved crazy success in entertainment, business, and fitness (to say nothing of marriage) by doing things others haven't thought of, view as contrarian or consider bat-shit insane. (is "bat-shit" hyphenated?) In LWaS, Jesse recounts the intense, month-long training hell he brought on himself by inviting a real-life Navy SEAL to live with him and his family. Early in the book I was thinking, "...maybe I should turn up the heat on my workouts and push the limits of my mind and body." Then I read about Jesse's torn muscles, hypothermia and bloody nuts (yes, those kind of nuts), and thought, "naaaahh." Indeed, Jesse holds back none of the grueling details involved in training with one of the world's most elite warriors and the marital complexities that arise when you host him in your family's apartment. Like SEAL, Jesse has one speed: 110% x 24 x 7. He's also a little bat-shit insane and a really funny writer. If you're into fitness and/or crazy people, you'll love Living with a SEAL.

I found the book really entertaining and amusing, and to some degree inspiring. A turndown for me was the author's focus on his autobiography that he constantly pushed on the reader in between the chapters. I don't find these stories entertaining, quite the contrary, and I failed to see how they added to the story of the book otherwise than creating ample chance for product placement. The interaction between the author and SEAL remained superficial and slapstick like. I would have liked to learn more about the cultural clash between a hip rich guy and a hardcore reservist from the Navy Seals. It seems like the author - who seems to be primarily preoccupied with himself - failed to develop a true understanding of SEAL and his character, or - if he didn't - he at least does not share it with the reader. In short, it's a nice entertaining book, the idea is great, but less focus on Jesse Itzler would have been nice. Therefore, only three stars.

Read the book cover to cover in 2 days. Wanted to finish quickly so I could share with my son. The book was both entertaining and inspiring. It also made me question my commitment levels and my

own personally set limits. I highly recommend this book.

In my subjective opinion this book needed an editor (or a much better one) to turn this rambling inconsistent content into something really meaningful and digestible. Beyond the "nothing to it but to do it attitude" this book provided no real insight into the deeper experience he had and was just a bunch of personal ramblings that never seemed to get to the point. I say that, though I could not continue reading this book, so maybe he wrapped it up nicely at the end. I'll never know, it was too painful to continue on.

Jesses' commitment to pushing the limits will motivate you and at the same time have you laughing. SEAL takes him on a 31 day journey breaking barriers and new levels of self awareness. It's an easy read!!

Read this book in under 24 hours, I couldn't put it down. As far as the "plot" goes - pretty predictable and it's outlined quickly: living with a seal for 31 days. It's hilarious, witty, and Jesse overcame the odds and doubts that went through both of our heads as some impossible workouts were put in front of him. I finished the book and immediately went and started doing push ups... Read if you need a good laugh, some workout inspiration, and some reinforcement of the fact that mind over matter comes into play with most of life.

I put this on my Christmas list but nobody bought it for me.....so I picked it up myself. From the instant I started, I could not put it down. I read it in one day and that NEVER happens. All I can say is READ THIS BOOK! Great job Jesse!!!

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