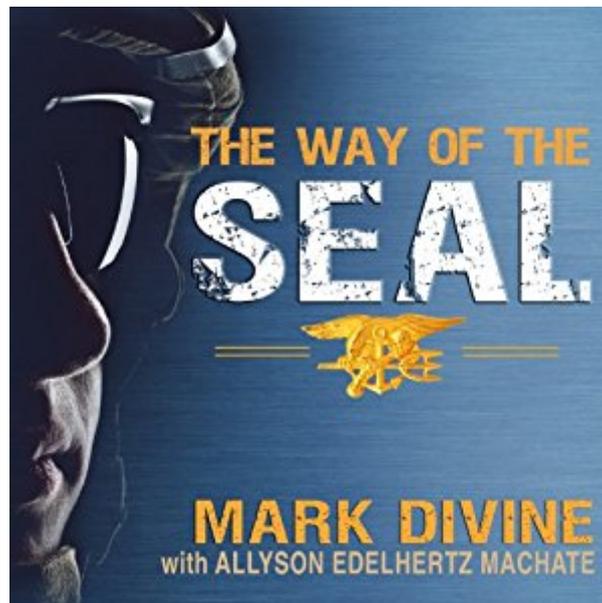


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# The Way Of The SEAL: Think Like An Elite Warrior To Lead And Succeed



## Synopsis

In *The Way of the SEAL*, ex-Navy commander Mark Divine reveals exercises, meditations, and focusing techniques to train your mind for mental toughness, emotional resilience, and uncanny intuition. Along the way you'll reaffirm your ultimate purpose, define your most important goals, and take concrete steps to make them happen. A practical guide for businesspeople or anyone who wants to be an elite operator in life, this book will teach you how to: Lead from the front, so that others will want to work for you; Practice front-sight focus, the radical ability to focus on one thing until victory is achieved; Think offense, all the time, to eradicate fear and indecisiveness; Smash the box and be an unconventional thinker so you're never thrown off-guard by chaotic conditions; Access your intuition so you can make "hard right" decisions; Achieve twenty times more than you think you can - and much more. Blending the tactics he learned from America's elite forces with lessons from the Spartans, samurai, Apache scouts, and other great warrior traditions, Divine has distilled the fundamentals of success into eight powerful principles that will transform you into the leader you always knew you could be. Learn to think like a SEAL, and take charge of your destiny at work, home and in life.

## Book Information

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## Customer Reviews

Develop front sight focus. "A SEAL knows he must simply engage one target at a time and not shift focus until he has dispatched that target."In the business world we have to deal with "multi-tasking" which means we try to focus on multiple things at once. But that does not really work because

usually I end up constantly shifting my focus between multiple projects and I never seem to give anything 100% focus because I constantly have those other projects in the back of my mind. I received this book a few weeks ago and decided to try this out. As a competitive shooter I instantly grasped the Authors term of "front sight focus." It made total sense to focus on one target completely before moving to the next target or project. By working a single target (project/task) at a time I find I am not only completing them faster but I also think I am doing a better job at each task. The book is laid out in chapters with sub chapters focused on the topic at hand. I find that helpful because I can pick it up, hit a chapter, and start reading about a specific topic that I may want to improve upon. Nice and focused, not a lot of fluff or filler. I enjoy a book that is very to-the-point. The book talks in detail about leadership and developing your own leadership abilities. The Author seems to believe that leadership is not a skill or collection of behaviors, but rather a character. He helps you delve into establishing your "set point", and also gets you to ask yourself what you are passionate about and more importantly, why? I have read many business books, self improvement books, and other books that try to get you to succeed. I really like this book because it hits many of those topics from a SEAL's perspective. Its a more real-life perspective. There are times when life is going to suck, so embrace the suck! People you deal with are going to do crappy things to you at work and home, so control your response by forging mental toughness. Stop going after the low hanging fruit and start targeting high value targets. Sounds simple enough, you know it makes sense, and yet we still don't do it. Why? The Author gives many exercises in this book. Many of them start with some meditation to narrow your focus on what you are trying to accomplish. Simple meditation is great for insight as I have had more than a few insights during mediation that were obvious and yet I wasn't seeing them before. As a person that is always trying to improve, I really like this book. There are things in this book that will be helpful to anyone, not just leaders, wanna-be leaders, or Navy SEALs. If you have areas in your life where you feel you need improvement, get this book, do the exercises, and start applying what you learned. If you feel there are no areas of your life that need improvement, well then you really need this book because you are clearly delusional.

I've read a lot of books on mental toughness lately. First off, most of them are written for athletes, and though I hit the gym twice a day every day, I'm not technically an athlete. Second, most books on leadership don't give you a lot of detail. Divine doesn't write in platitudes and ideals. He delivers actionable information. The challenge: there are lots of acronyms to memorize in this book. Divine hails from the US Armed Forces (Navy SEAL Commander, Retired), so the love of TLAs is in high

effect. But in the end, like all good things, you learn a bit easier because you remember them longer (DIRECT and PROP and SMACC are just things I do now every day). The trick: there's a trick to this book. I almost don't want to tell you. He wants your mind and spirit to work just as hard as anything else. There's tons in here on meditation and on what can typically be considered spirituality. Only, it's written with far less crystals and fussy foo foo language and it's written like the kind of stuff you need to get your brain and soul as tight as your body for the work ahead. The best: Divine gives you so many ways to take action, with a really good progression around it, that this book will DEFINITELY improve your mindset, your efforts, your intentions, and your output. If you do the work. But then, that's the same with anything. I've read a LOT of books on the subject matter covered by Mark Divine in this book but this one stands out above the others. Just as a point of fact, I've purchased the book three times so far, and will likely give out more to people over time. It's a must read. I've been blathering about it far too much. Get on this.

The sections about mental toughness were exceptional. I'm happy to have read the book for those sections alone, but I got tired of reading the story of Mark Divine. There is a burgeoning genre of management/leadership/self-help books where somebody tells their story and encourages you to follow their path for a similar level of success. I'm all for seeing how an idea can be applied in the real world, but the constant refrain that the tools being presented are the answer to all of your problems erodes my alignment with the book's content. In fairness to Divine, I just have a very different set of challenges that I face in my life and career and have a very different way to going about addressing those challenges. My needs and experience do not align well with Divine's approach. I have not found detailed plans to be very effective tools. This is not to say that they are not effective. They are just not effective for me. Divine's plan just isn't the right one for me. I'm not saying that my approach is right and his is wrong. They're just different.

It is mostly motivational and promotional for his business. He gets visualization completely wrong - which isn't his fault because just about everyone does because of self help books and all the quackery out there. The right way: In sports, when you visualize, you visualize in the first person doing an action perfectly. For example, if you are a baseball player, you imagine holding the bat, watching the ball come to you and swinging and hitting the ball with perfect form - the more detail the better. The non-sense: Sitting back and visualizing being a success, getting rich, or whatever is just daydreaming. And I have seen at least one study that has shown that doing that can actually reduce motivation because it makes you feel good.

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