



**NAVY SEAL: Self Discipline: How to Become the
Toughest Warrior: Self Confidence, Self
Awareness, Self Control, Mental Toughness
(Special Forces, US NAVY ... BUDS, Heroism,
making of a SEAL Book 1)**

Jason Lopez

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Walk with us through the training regimen of the most feared and respected military force in the world as we take you through initial training to graduation day. Along the way you’ll learn some lessons about integrity, perseverance, and honor. You don’t have to be a SEAL to take these lessons and apply them to your daily life. You just need the right motivation and we’re here to give it to you.

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- **How to train your mind for everyday battle**
- **Being aware of what's happening around you**
- **How the tough keep mentally strong**

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