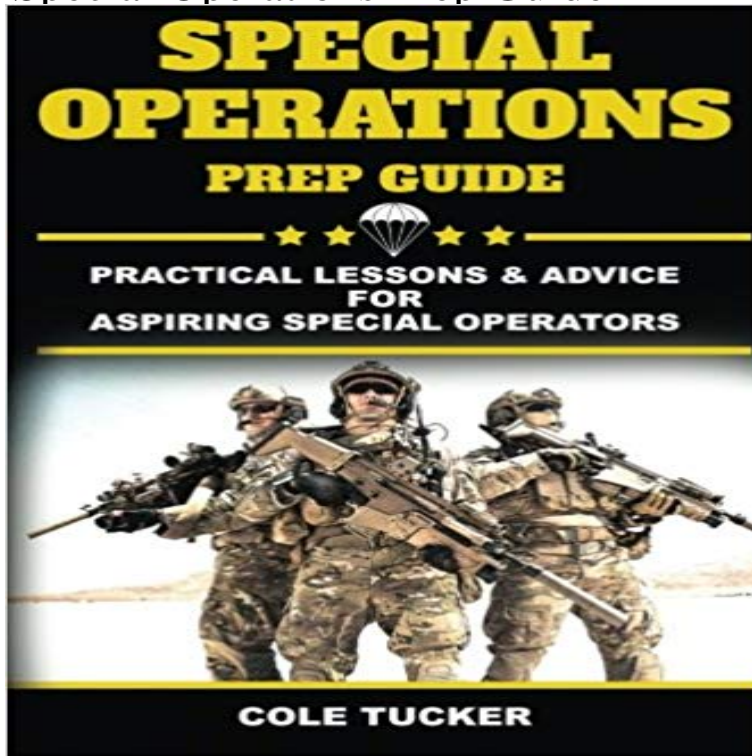


Special Operations Prep Guide



This book distills experiences and insights shared by some of America's elite warriors into actionable advice that can be used by aspiring special operators. It contains detailed information on the individual traits, habits, mental toughness, philosophies and training methods that are commonly associated with members of America's Special Operations Forces. Individual chapters are devoted to the major concepts, topics and areas of interest that are associated with preparing for and successfully completing a special operations selection program or course. If you want to serve in one of America's premier military units, this book can help you achieve your goal! Topics covered include: The Warrior Code America's Special Operators 10 Special Operator Traits & Habits The Invincible Mindset Role Models, Mentors and Coaches Character Academics Be the Grey Man Nutrition & Physical Fitness Rest and Recovery Coping with Injuries Deliberate Practice and the 10,000 Hour Rule Mental Toughness Fear and Stress How to Control Fear The High Achiever Mindset Officer or Enlisted? Military Skills Setting Goals Have a Plan B Taking Action This book provides guidance and advice drawn from the experiences and insights of men that have actually served in the special operations community. Written primarily for young men who desire to serve in special operations units, this book would also be of great benefit to anyone that is considering serving in any role in any branch of the U.S. Armed Forces.

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