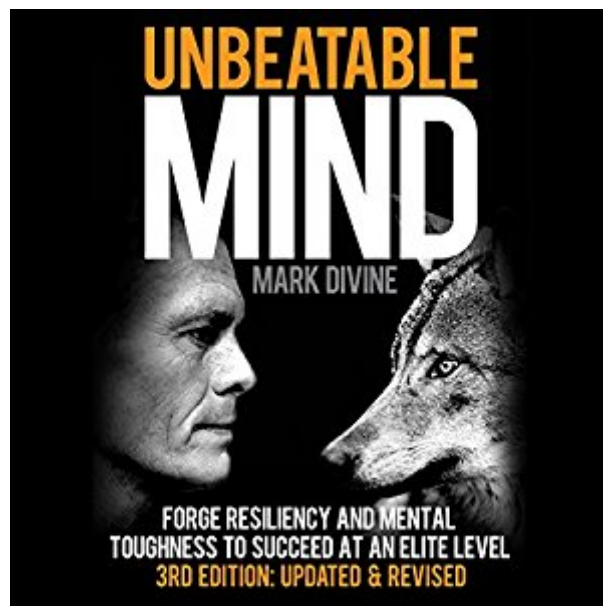


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# Unbeatable Mind: Forge Resiliency And Mental Toughness To Succeed At An Elite Level (Third Edition: Updated & Revised)



## Synopsis

In this revised and updated third edition of *Unbeatable Mind*, Mark Divine offers his philosophy and methods for developing maximum potential through integrated warrior development. This work was created through trial and error, proving to thousands of clients that they are capable of 20 times more than what they believe. The powerful principles for forging deep character, mental toughness, and an elite team provided in this book are the foundation of the Unbeatable Mind "working in" program of Divine's SEALFIT Academies and renowned Kokoro Camp. They are being employed by a growing number of coaches, professors, therapists, doctors, and business professionals worldwide. Commander Divine is a retired Navy SEAL and human performance expert who works with elite military, sport, and corporate teams, SEAL/SOF candidates, and others seeking to maximize their potential, leading to more balanced success and happiness. The training is leading to breakthroughs in all walks of life and cultivating a robust community of practitioners. This book will specifically help you develop: Mental clarity - to make better decisions while under pressure. Concentration - to focus on the mission until victory is assured. Awareness - to be more sensitive to your internal and external radar. Leadership authenticity - to be a heart-centered leader and service-oriented teammate. Intuition - to learn to trust your gut and use mental imagery to your advantage. Offensive "sheepdog" mindset - to avoid danger and stay one step ahead of the competition or enemy. Warrior spirit - to deepen your willpower, intention, and connection with your spiritual self.

## Book Information

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## Customer Reviews

This is the best book on achieving personal excellence that has ever been written. EVER. It is destined to become a classic. The book and Commander Divine's program have changed my life in an astounding way. I read some of the other reviews here and I am wondering if they read the same book. Thin on content? Are you kidding me? After college (30 years ago) I read M. Scott Peck's *The Road Less Traveled* and it changed my life. I felt like it was a gift to humanity. I have not had that experience with a personal growth book until reading UM. For me reading this book is like reading the Bible. Just one basic and irrefutable truth after another. I predict that over time this book will change our world in a meaningful way. The general thesis is that we are so much more than we realize and that elite performance, or 20 times what we think we can perform, is available to all of us. Divine has all the pieces here. Physical strength and discipline. Control of the monkey mind. Meditation. Tapping into the subconscious through visualization. Spiritual growth. Alignment with the universe and our higher purpose. This guy is a warrior, philosopher, monk, not just an ex Navy Seal. He has street cred because he did it. He graduated number one (honor man) in his Navy Seal class. Do any of you know how hard that is to do? He did it by using the techniques that he freely shares in this book. He is very honest and open. His life has not always been a bowl of cherries, but he has listened to his inner voice and he is very gifted at teaching what he has learned. I cannot recommend this book highly enough. The book has changed my life in a hugely positive way. It may or may not work for you, but it worked for me.

Can not say enough about all I have learned from the earlier versions of this book and this newest edition has raised the bar again. If you struggle in the areas of self discipline or tend to fold when the going gets difficult, I cannot think of a better resource to recommend to you.

Really good book, combines a lot from eastern philosophies, NLP and Tony Robbins, performance psychology, etc. Not necessarily all new concepts, but a new way to tie them together. Plus it's fun to have them colored by the experience of a decorated Navy SEAL who's clearly practicing what he teaches. I'm glad I read it and think it will help me perform well in intense and high stakes situations.

A delightful surprise. I bought it to tap in to the mental toughness required for extreme physical training - to get tips from the toughest of the tough. What I found instead was a holistic, profound manual to elevate the self as a leader across all dimensions of life. I have changed the way I manage my focus and goal setting, as well as how I approach my training. Training is now a

whole-of-person ritual. I feel stronger and happier as a result. I have quoted Mark's work in my own leadership book, and recommend his work as a resource for all leaders who want to master themselves so they can be more effective and influential in their personal and professional lives. Mark Divine's work is an invitation for leaders to step up and resonate with service and meaning in all they do.

My personal situation is that I am still in my first year of exposure to Coach Divine and what, for me, has become his fabulous teachings. My review of this book is really quite simple...one of the most important books I've read in my long lifetime. Mark's writing style fits my reading style very comfortably and I really enjoy each and every new chapter I've read. Also, I find that I had to push myself thru the book to complete it because the impact it had, and is still having, on me is profound. I found that I would read part of a chapter, then go back and underline key statements and phrases, then...really get into a strong level of concentration as I made certain I was absorbing the key content I had just read and reviewed. For me this is serious reading because I believe in Coach's teaching and training concepts and I am trying to effectively implement them into my daily life. None of us does it all the right way every time, but this book is crafted in a way that I have expanded my path forward. This is now a key part of my personal roadmap and I will use it as a reference book, not just a book once read. Can't do anything but help you...a great read!!

I have and am still reading many self help/change your life books but this one and the Unbeatable Mind program are the ones I am still following. That includes changing my schedule to going to bed at 8:30 P.M. and getting up at 3:45 A.M. so I can do the program and work a 10 hour day.

DON'T GET THE AUDIBLE VERSION!!! Narration is horrible! Everything from speech cadence to poor pronunciation! Can't get past the narration to absorb the substance!

im still reading it. I put it down. It is hard to get past the first few chapters. The author's narrative about his personal life got to be a much. He is full of himself.

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