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will shift your view of  
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4 Dec 2015. I finished

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Why? I realized how

important it is to push beyond your own

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The 24 Hour Unbreakable

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Challenge, like all of the teachings developed by retired Navy SEAL, Thom Shea, is an experiential based learning seminar. With a concentration on both mental and physical aspects of performance, it involves walking for 24 hours while being led through a series of lessons delivered by Thom and his Navy SEAL support team.

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Unbreakable : A Navy Seal's Way of Life (2015, Hardcover

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## Unbreakable A Navy SEALs

His previous book, "Edition

Unbreakable: A Navy SEAL's  
Way of Life," was a national  
bestseller. Thom Shea while  
serving as a Navy Seal.

Unbreakable Thom Shea

teaches how to lead like a  
Navy SEAL ...

Unbreakable: A Navy SEAL's  
Way of Life - An Excerpt  
Published on Mar 7, 2014

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Thom Shea  
process and methods for success developed over his 30 years as a Navy SEAL and business consultant. Through engrossing, real-life accounts of heroism, personal struggle, and devastating loss, Three Simple Things builds upon the lessons from Thom's best-selling first book, Unbreakable: A Navy SEAL's Way of Life. This new release details the rules of the simple, nonnegotiable things any person brave enough can apply in every area of life.

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Often when we confront

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obstacles – whether in work or at home – we want the map. We want the “how-to guide” to solving the problem. Today we have former Navy SEAL and author of Unbreakable: A Navy...

### How to Commit to Life Goals the Navy SEAL Way - The Good

...

Here's a good one: “The only way I’m going out of BUD/S is with an oxygen mask on my face. There’s no way else.” Exhaustion, drowning, and psychosis are among the impediments that ultimately end a Navy SEAL tryout, but it was a math test that defeated Brad McLeod. It wasn’t even that McLeod was



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## Navy SEAL Training: Get This SEAL's Bodyweight Workout

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"The Iranians are going to be in a position where they have to retaliate. I don't see any way around it," McRaven, former head of US Special Operations Command and the Navy SEAL who oversaw the bin Laden raid, said on ABC's "This Week." Iran has already threatened to retaliate for the attack, though it is unclear exactly when or how it may do so.

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