

NAVY SEAL BUD/S Prep Recommended Resources

Recommended websites:

www.navyseals.com
www.sealfit.com
www.stewsmith.com
www.extremesealexperience.com
www.trxtraining.com
www.perfectonline.com
www.intensitynutrition.com
www.crossfit.com
www.fitdeck.com
www.sealswcc.com
www.sealgrinderpt.com
www.sealtrainingadventures.com
www.sealteampt.com
www.military.com
www.nswfoundation.org

Recommended reading:

The Warrior Elite, Dick Couch
The Finishing School, Dick Couch
Way of the Peaceful Warrior, Dan Millman
Unlimited Power, Anthony Robbins
In Search of the Warrior Spirit, Richard Strozzi Heckler
The Naked Warrior, Pavel
US Navy SEALs in Action, Hans Halbertadt
Commandos – Doug C. Waller
Rogue Warrior – Richard Marcinko with John Weisman
Lone Survivor – Marcus Luttrell with Patrick Robinson
Never Fight Fair – Orr Kelly
Brave Men Dark Waters – Orr Kelly
SEAL Team Six – Howard Wasdin and Stephen Templin
The Heart and The Fist – Eric Greitens
The Complete Guide to Navy SEAL Fitness – Stew Smith

Favorite quotes:

"The Only Easy Day was Yesterday"
"Pain is weakness leaving the body"
"What doesn't kill us makes us stronger" Nietzsche
"Pain is inevitable. Suffering is optional"
"I could have done that evolution twice"
"Only the Strong Survive"
"These things we do, that others may live"
"I'm not dead yet"
"Your reputation starts here"
"Anyone can go to hell. Let's see who comes back"
"Get the hell up!"
"Don't give up, don't ever give up"
"Whether you think you can or think you can't - you're right"
"Pain is never permanent"
"Just Do It"