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# Breaking BUD/S: How Regular Guys Can Become Navy SEALs (formerly The SEAL Training Bible)



## Synopsis

INCLUDES MENTAL TOUGHNESS SECRETS OF THE NAVY SEALS. Formerly Titled: The SEAL Training Bible

From the Back Cover: How do you eat an elephant? Elephants are huge. Your mouth - despite what your highschool teachers said - is small. You eat it one bite at a time. You want to be a Navy SEAL, we call ourselves Team Guys. You want to be paid to jump out of airplanes in the middle of the night, to sneak behind enemy lines and snatch bad guys out of their beds, to be elite and be silent and be deadly. You want to test yourself against one of the hardest selection and training programs in the world and prove to yourself there's nothing you cannot do. This is no small order, as you likely know. It takes a special level of dedication and focus to make it, but it isn't impossible. If you can pass the basic SEAL Challenge physical requirements, you can physically become a SEAL.

SEAL Challenge Requirements: 500 yd. swim (breast stroke or CSS): 12:30 10 minute rest Pushups (2min): 42 Situps (2min): 50 Pullups (unlimited time): 6 10 minute rest 1.5 mi. Run: 11:00

If you can meet or beat these scores, you have what it takes to be a Team Guy. Let that sink in. Better scores indicating better fitness might make it easier on you mentally, but if you can meet or beat these scores, you have everything you need to become one of the world's elite Special Operations Forces (SOF). You don't need to have an XBOX or Playstation to get your action fix: you can get it at work every day. There should be an alarm going off in your head right now telling you something's wrong here. If that's all there is to it, then why do so few make it? Why do so many dedicated men fail to become Team Guys, despite their burning desires or extreme dedication? Why do thousands of men give up on their dream every year? They're not eating that elephant one bite at a time. Unlike every other book about Basic Underwater Demolition/SEAL Training (BUD/S) in general, this book is going to show you how thousands of normal guys before you have successfully navigated BUD/S and gone on to become Navy SEALs. By the time you finish this book, you will be more prepared for BUD/S than any other candidate out there. You'll know the best way to keep up on soft-sand runs, you'll know the best techniques for Log PT, you'll know what to focus on during Pool Comp, and you'll be better prepared for Hell Week. You'll have the best set of tools possible to complete BUD/S. This won't make it easy by any means and the book won't do it for you. There are no cheat codes at BUD/S - you still have to do everything yourself. You might still Drop On Request (DOR) and quit. But knowledge is a weapon, and if you know what to expect and how people have done things before, you have a psychological edge and will be able to keep your head in the game. And it IS a game. BUD/S is a long, terrible, miserable game that you won't want to play most of the time. But if you want to be a SEAL, you'll play the game to the end. And at the

end you get your Trident. I'll show you how. This 424-page book will give you the most in-depth look at BUD/S on record. There are BUD/S evolution details and advice here that you can't find anywhere else. No internet forum or email or TV special can get this exhaustive. If you're serious about becoming a Navy SEAL, if you're interested in the most detailed description of SEAL training available in the world, or you're interested in the physical and mental performance techniques of the elite, Breaking BUD/S is your guide to life.

## **Book Information**

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## **Customer Reviews**

In the back of this book, the authors include a pretty comprehensive reading list for those who are seriously considering becoming SEALs. While I have only read two of the books from the list, they both came from the "Required Reading" section. Those books include "The Warrior Elite" and "The Finishing School" by Dick Couch. I bought this book last night and finished it an hour ago. This book belongs at the top of its own revised "Required Reading" list. Half of this is due to the fact that it describes in detail a more updated version of BUD/S, and is therefore a bit more relevant. The other half is due to the sheer frankness and honesty of the coauthor and narrator, Mark Owens. I've read quite a few other books about other post-9/11 SEALs and their exploits. All are fascinating, but sometimes I've felt they stray into the self-indulgent territory. Not so in this book.\*\* This book is the

most refreshingly honest and objective thing I've ever read about BUD/S and what it takes to make it through. Mr. Owens is an officer and describes his personal route via OCS, but also details the exact steps an enlisted man would take and the best way to prepare for either option. Like many men, I've often wondered if I had the ability to be a SEAL. It's something that I've wrestled with for a long time, but Mr. Owens did something that no other SEAL author was able to do. Through his forthright accounts, he made me realize the SEAL lifestyle is not for me, and for that, I'm grateful. I gave this book five stars because it educated me in a way no other book on the same subject has done. Through this education, it answered a burning question and also made me laugh out loud from the politically incorrect humor the Team guys share.

The title of this book says it all: "Breaking BUD/S: How regular guys can become Navy SEALs." The author is an active SEAL, writing under the pen name DH Xavier for security purposes. If you have a young relative who's thinking about becoming a SEAL, by all means give him this book. It's a first-class "weeder-outer." If he's truly serious about becoming a SEAL, this book will help him achieve his dream. If he's not truly serious about becoming a SEAL, this book will discourage him from trying and wasting his time. "Breaking BUD/S" covers its subject as thoroughly as any book I've read on any subject. It lists the four possible paths to BUD/S training (Naval Academy, ROTC, Officers Candidate School, and regular enlistment), giving the pros and cons of each and a step-by-step guide for following whichever path is chosen. The rest of the book describes, in minute detail, how a candidate can survive BUD/S once he's been selected. Xavier spells out what a candidate should do "and not do" to prepare himself for the challenge and survive it. He covers both the physical and mental aspect of everything: how to interact with instructors and fellow candidates; how to conquer the frequent, overpowering urge to quit; the least difficult way to run in soft sand; even the proper way to super-glue the thread on a uniform button to keep it from coming off. Throughout the book, he illustrates his advice with real-life examples of candidates who succeeded and failed "and why. He even gives tips on how a candidate can outmaneuver his instructors/tormentors (cheat), and explains why instructors/tormentors admire candidates with that ability. Xavier also touches on the politics of military life, especially for officers.

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