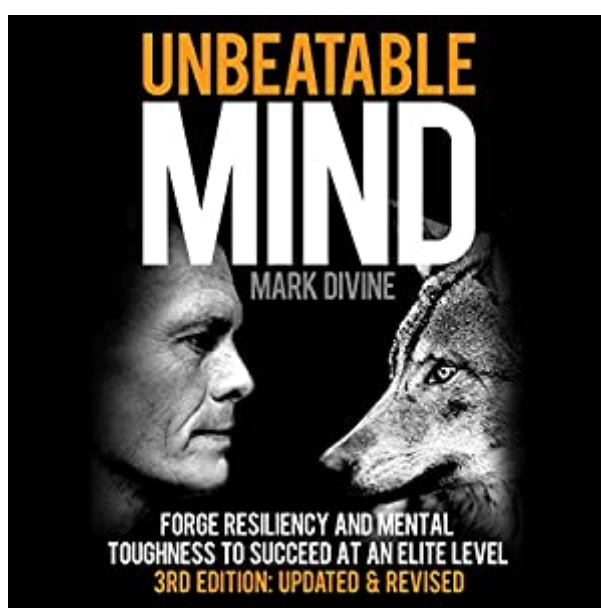


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# Unbeatable Mind: Forge Resiliency And Mental Toughness To Succeed At An Elite Level (Third Edition: Updated & Revised)



## 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

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.

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.

The big idea of this book is that you are capable of so much more than you think you are, but you have been kept in the dark about this potential your entire life. I call this potential your 20X Factor, in that you are capable of at least twenty times what your current paradigm allows you to believe. It is not as though your family or our culture purposely kept you in the dark about this important fact. No, they were ignorant about it as well and cannot be held to blame. We cannot ignore this unbelievable truth any longer. Not only do you deserve to tap into your full potential for your own success and happiness, but our collective minds are needed to sync up like a global crowdsourced network of solution finders to pull us out of the mess we have created. This book isn't about those messes, though there are plenty of authors

writing about the perils we face on our abused planet. No, this book is about how you can begin to tap into that vast potential lying dormant inside of you—so that you can achieve your fullest expression of yourself, help those around you, and send positive ripples throughout the world.

~ Mark Divine from Unbeatable Mind I think Mark Divine is a real-life superhero. Seriously. I've always admired the grit and character of special ops warriors—from the classic Spartan warriors to the modern-day versions: Navy SEALs and Army Rangers and other elite forces. Mark is a former Navy SEAL and just a good, SOLID guy. I don't know how else to articulate it. Strong. Virtuous. Committed. Grounded. Smart. Powerful. Integrated. A warrior-philosopher. And his book, Unbeatable Mind, is all of those things. If you'd like to, as the subtitle promises and the book delivers, "forge resiliency and mental toughness to succeed at an elite level," then this book is for you. Check out Mark and learn more about all his other projects at [MarkDivine.com](http://MarkDivine.com). Let's jump in and take a quick look at some of my favorite Big Ideas:

1. The First Premise - First, win in your mind.
2. Self-Confidence - Character + skill.
3. Starve Fear, Feed Courage - And bomb the negativity.
4. Concentration - How's yours?
5. Breath - Awareness + control are key.

Here's to cultivating our Desire + Belief + Attitude + Discipline + Determination as we forge mental toughness and create an uncommon life packed with meaning and profound service. More goodness—including Philosophers' Notes on 300+ books in our "OPTIMIZE" membership program. Find out more at [brianjohnson . me](http://brianjohnson.me).

This is a very good book if you are trying to learn how to meditate on your own. The first thing I found very helpful was to build a small bench to sit on while practicing breathing. I honestly didn't know that was something you could do. There's various extras that come with getting the book like podcasts and useful articles and interviews. This is the kind of book where you read some and then think about it for a while. It says in the first section to think and practice for a couple weeks before moving on. For the \$10 investment it's a very good deal.

The methods CDR Divine shares in this book are clearly timeless technologies of the human spirit. I have been a "seeker" for most of my life and I have come across many of the methods he uses here, but I have never had them explained in such a clear, useful and practical manner as he does in this book. As I put these methods into practice I can feel myself becoming the person I always strove to be (well, not always), but that seemed just out of reach. Properly executed, this book can be a transformational catalyst for anybody who desires to live at an elite level. Hooyah. I would give

this 5 stars, but I purchased it just before a new edition came out. The new edition gets 5 stars. I wish I knew, and I would have waited a few weeks. I did join his online program to solidify the practices he touches on in here. Again. Powerful stuff. Proven to work over centuries of practice by elite level warriors, monks, and athletes.

Great book this book needs to be approached with an open mind and someone willing to actually put in a little work. NOT an entertainment read very true to self development the first chapter may make you a little uncomfortable but it is a very helpful asking yourself questions you don't routinely ask yourself. This book nudged me out of my comfort zone and got me to try things that Mark was able to clarify that before were just out of reach on my understanding. All in all great book worth the time if you're willing to do the work.

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