

The way of the SEAL

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Note sur le contenu : Note to the reader Introduction: lead from the field Principle 1: Establish your set point Principle 2: Develop front-sight focus Principle 3: Bulletproof your mission Principle 4: Do today what others won't Principle 5: Forge mental toughness Principle 6: Break things Principle 7: Build your intuition Principle 8: Think offense, all the time Training in the way of the SEAL Afterword: Lead with your heart Appendices

Résumé ou extrait : Présentation del'éditeur : "An ex-SEAL takes readers deep within the mind of a Navy SEAL, revealing how to attain the mental toughness, agility, flexibility, and determination to accomplish seemingly impossible feats in the business world."

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Planification stratégique