



Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level

By Mark Divine

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Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level By Mark Divine

UPDATE: 3rd Edition Now Available

Feed the courage wolf with Unbeatable Mind!

Commander Mark Divine, a retired Navy SEAL and founder of SEALFIT and the popular Unbeatable Mind Academy, presents his insights on how to forge mental toughness, develop mental clarity and cultivate an authentic warrior's spirit. The book's themes were developed over the past decade to provide a foundational philosophy for his Unbeatable Mind Academy...training designed for special operations candidates that has led to an extremely high success rate. Now enjoyed by thousands from all walks of life, Unbeatable Mind training can lead to a profound transformation of self, leading to breakthroughs in all walks of life and a new "20X factor" awareness that you are capable of at least twenty times more than you previously thought.

This book will help you develop:

- Mental clarity- to make better decisions while under pressure
- Concentration - to focus on the mission until victory
- 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 your 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

Here is what others are saying about Unbeatable Mind:

Dear Coach Divine, I want to thank you for your amazing Unbeatable Mind book and program, which in my estimation, is the most well thought out, organized and practical program of its kind that I have ever seen. Simply the best. -- Eric

"Sir you probably get these letters all the time but I want you to know that you have profoundly changed my life for the better. I am a better human being since reading Unbeatable Mind and participating in the online academy. I am gaining control of my monkey mind which has run amuck for many many years with self-defeating attitudes and behaviors. I am now part of the solution in this world and not part of the problem. I am a sheepdog!" -- Kevin

This second edition of has over 100 pages of new content, including graphical models and a new chapter on integration. It is essentially a new book that follows the same structure and expands upon the insights of the original. Digital formatting errors have been corrected. Mark Divine is also the author of The Way of the SEAL" and 8 Weeks to SEALFIT

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Editorial Review

About the Author

Mark Divine is the creator and founder of SEALFIT and The Unbeatable Mind Academy. He began his diverse career on Wall Street as a CPA but quickly left behind the suit to pursue his inner vision to become a Navy SEAL officer. He was 26 when he graduated as honor-man (#1 ranked trainee) of his SEAL BUD/s class number 170. Mark served on active duty with the SEALs for nine years and in the SEAL reserves for eleven – retiring at the rank of Commander in 2011. In addition to Unbeatable Mind, Divine is the author of 8 Weeks to SEALFIT, published by St. Martin's Press in 2014, Way of the SEAL, published by Reader's Digest Books in 2014

Users Review

From reader reviews:

Charles Greiner:

Do you have favorite book? In case you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each book has different aim or even goal; it means that book has different type. Some people experience enjoy to spend their time and energy to read a book. They may be reading whatever they consider because their hobby is definitely reading a book. How about the person who don't like looking at a book? Sometime, particular person feel need book whenever they found difficult problem or exercise. Well, probably you should have this Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level.

Bernard Walker:

This Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this guide incredible fresh, you will get data which is getting deeper you read a lot of information you will get. This kind of Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level without we comprehend teach the one who reading through it become critical in considering and analyzing. Don't end up being worry Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level can bring when you are and not make your bag space or bookshelves' grow to be full because you can have it within your lovely laptop even cell phone. This Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level having great arrangement in word along with layout, so you will not really feel uninterested in reading.

James Robinson:

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Dawn Fernandez:

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