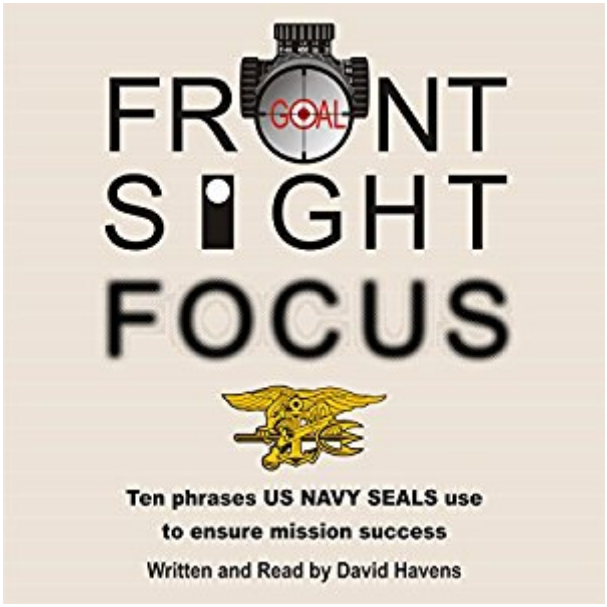
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Front Sight Focus: Ten Phrases US Navy SEALs Use To Ensure Mission Success



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Synopsis

Front Sight Focus is a concept and mindset that is used by US Navy SEALs to plan and achieve success on and off of the battlefield as it reveals 10 phrases that lead to efficiency at all levels of learning, training, and productivity! By using an easy to implement, common-sense approach, the author presents the tools for establishing a "front sight focus" mindset that shows you a plan of progression that will lead you to establish a system for attaining your ultimate success in your life’s true passions. The 10 phrases are broken down so that anyone, from teenagers to grandparents, can understand and implement this template for success that can lead to greatness in all endeavors such as sports, education, family, and business! The author combines his military experiences from basic underwater demolition SEAL training (BUD/S) and his time on the ground as a warrior in the combat environment in order to bring to light how the battlefield and life can present you with similar scenarios and how to effectively conquer your task! Each chapter focuses on one of the 10 phrases that are commonly used within the SEAL teams, collectively building upon each as your progress through the book such as "crawl, walk, run" and "plan your dive and dive your plan". Front Sight Focus will help you begin to navigate along your life’s path, with tips and techniques for dealing with anxiety and stress, organization, early identification of obstacles, and thus mitigating them. This is done by establishing your own personal P.A.C.E. plan. The concepts in this book have been broken down and illustrated by the author, so that no matter your age, gender, or starting point they may be applied to your everyday life of relationships, family, education, and of course your personal or professional endeavors.

Book Information

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Health, Mind & Body > Self-Help

Customer Reviews

This is a peak into the mind of some of Americas most elite fighters. He gives you a start to getting your life Focused Just like the SEALS do. I think a lot of motivational books are geared towards women and men don't find them engaging. I think if you have someone in your life who want to achieve and are having a hard time getting started in anything this is the book for them a great gift for dads, husbands and boyfriends....That said it does not leave women out. If you are looking to break thru this is the book for all.

A short but precise read into the mindset of the elite US Navy SEALS and their practices of a positive mindset, perfect practice, and smooth execution to successful mission completion. An absolutely brilliant daily mantra to bring you success in anything that faces you in business or life.

This book was an interesting, quick read that connects the lessons learned from the US Navy SEALS to success in everyday life, especially business startups and leaders in existing organizations. While the readers' typical application of the book's ideas will not be life or death scenarios, the ideas are foundational and can be applied in academic, corporate, or government environments, especially by small business owners. The chapters on training fundamentals especially resonated with the university administrator and instructional systems designer in me: keep it simple, practice perfect, crawl>walk>run, slow is smooth>smooth is fast. The accuracy and authenticity of the training and practice will help ensure future successful execution of the dive/business plan. While many of these concepts are not new, it helps new managers or existing leaders see them in a new context. I look forward to buying more copies for my staff, thank you!

A concise and relevant contribution to focusing on the goal. Heard David at Marine Corps Birthday celebration highlighting the essential elements of his book. The book is a quick read that creates lasting mental images of how to make success the ultimate result of your efforts. The SEAL/ BUDS system works for anyone willing to clearly see the target.

Outstanding! This is an excellent compendium of the SEAL mindset. I would recommend this book for anyone interested in understanding the mindset of the Navy SEALs. I believe that there is a great crossover of SEAL information for us Non-SEALs to be able to use in our everyday life. A

strong read for young readers who might benefit from the ways of a Navy SEAL.

Great read with solid application throughout. Front Sight Focus is a great view of how a SEAL thinks about and acts towards success. Worth the read for sure!

This is an awesome book. It is inspiring and highly motivational. This is a great way to start off the new year for people that want to make serious, positive changes to their lifestyle. Ladies this book is not only for the guys. Do not be afraid to give it a try. It is a quick, interesting read and can do wonders to improve your attitude. You will find yourself going back to this again and again.

This book is the 'meat and potatoes' when it comes to motivation! It has inspired me to apply these tactics to my ordinary life to make it an extraordinary life. Easy read and to the point!

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