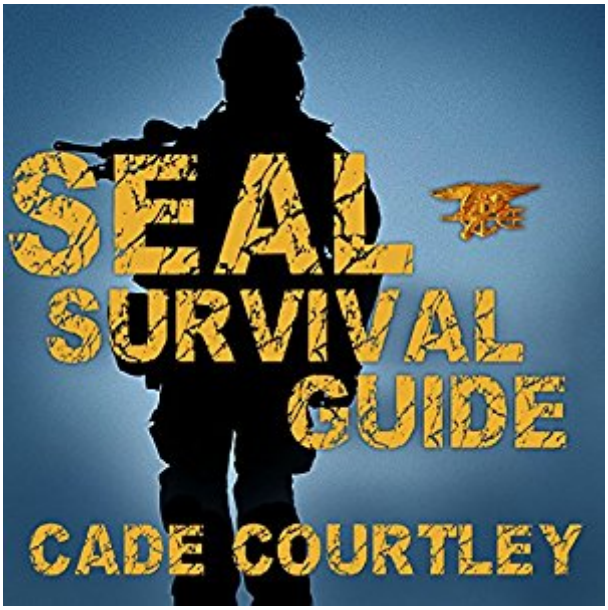
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Seal Survival Guide: A Navy Seal's Secrets To Surviving Any Disaster



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Synopsis

Former Navy SEAL and preeminent American survivalist Cade Courtley delivers step-by-step instructions anyone can master in this user-friendly guide. You'll learn to think like a SEAL and how to: Improvise weapons from everyday items Pack a go bag Treat injuries Survive extreme climates Survive a pandemic From random shootings to deadly wildfires to terrorist attacks, the reality is that modern life is unpredictable and dangerous. Don't live in fear or rely on luck. Learn the SEAL mindset: Be prepared, feel confident, step up, and know exactly how to survive any life-threatening situation.

Book Information

Audible Audio Edition
Listening Length: 9 hoursÃ Â andÃ Â 47 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Tantor Audio
Audible.com Release Date: December 23, 2014
Whispersync for Voice: Ready
Language: English
ASIN: B00QVWQZ9Q
Best Sellers Rank: #161 inÃ Â Books > Reference > Survival & Emergency Preparedness #174 inÃ Â Books > Sports & Outdoors > Individual Sports > Martial Arts #235 inÃ Â Books > Audible Audiobooks > Nonfiction > Sports & Recreation

Customer Reviews

Great book. Well written and organized into short sections. Perfect to pick up for 10 minutes at a time. More skills in here than I expected to find, including self-defense, car jackings, home invasions, and natural disasters....

Great ideas of practical use for everyone. A must read given our current world situation for all members of the family. I especially appreciated his comment about the 140 pound guy that made it through hell week when the triathlete quit.

Big Kudos to Cade Courtley on presenting a straight forward qute practical way of sharping your body and mind to think as a SEAL to survive.However, this goes even deeper in allowing us to

overcome that which is holding us back in many areas of our life....Survive Fear to become a true human that survives...thrives wherever they may find themselves.

I've read this book several times and it remains on if my favorites. A true must have for those wanting to learn how to survive all situations. Informational while being fun to read. A great buy.

Cade Courtley has his SEAL experience going for him. It trained him to be tougher than most untrained human beings. But the information in the book is not really about SEAL training, but mental based concepts that address surviving everything from a fight to tornadoes and tsunamis. Having trained with Israeli Commandos in the 1980s, I can report that we were never trained to deal with Tsunamis as there pretty much are none in Israel. So what Courtley is doing here is preparing a certain mindset where the actual disaster doesn't really matter much. Books by Lawrence Kane, Kris Wilder, Rory Miller, Loren Christensen, etc. and those of the civilian martial arts world who teach about self defense and the mindset civilians should have (different from a SEAL,) have already laid out this foundation quite well. Very few civilians, even military personnel, will ever undergo the kind of harsh and intense training a Navy SEAL goes through, so to equate surviving a civilian fight to covert missions in say Pakistan, is pretty much is a non-starter. That said, there is still information in this book that is worth reading if you haven't been exposed to it before. After a while, you will see a pattern in the thought process that teaches the concept of pushing yourself to the edge of the envelope. My guess is that most people who read this book will not go beyond the physical exertion of turning the page. But for those who seek the survivalist path, or at least want to make themselves both mentally and physically more alert and responsive, SSG is one more helpful book in the lexicon of survivalist literature.

SEAL Survival Guide: A Navy SEAL's Secrets to Surviving Any Disaster is the Go-To-Guidebook for surviving any disaster. Coutley has an impressive background as a Navy SEAL, and has done a great job at providng the right kinds of information. The book is comprehensive, has easy to understand illustrations, and is full of critical information. Every person in America should read this book to develop the right mindset advantage in any emergency. Knowing what to do in a cris is half the battle. I heartily recommend this book.

The book is complete with methods and how to do it all. The author pulls no punches and is straight forward in his how too and. It needs to be read more then once to get it all. I was satisfied that as

long as we have the Seals we are protected!

As a Real Estate Broker I give this book to each new client, I think I have given away well over a 100 so far and plan to continue to do so.This book should be added the the libraries of every school and college, The next generation needs to be better than the last and this book is a vital resource to help achieve that.Great Job creating this inspiring and enlightening book Cade !

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