

"It's hilarious!"

—LEBRON JAMES

BONUS
NEW CHAPTER
ON
SEAL
Revealed

New York
Times
BESTSELLER

LIVING WITH A SEAL

31 DAYS TRAINING WITH THE
TOUGHEST MAN ON THE PLANET

JESSE
ITZLER

Jesse Itzler

Living with a SEAL: 31 Days Training with the Toughest Man on the Planet



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Business owner Jesse Itzler chronicles his month of living and intensive fitness training with a Navy SEAL in the brand new York Times and #1 LA Times bestseller **LIVING WITH A SEAL**, today with two reward chapters.. His life is approximately being bold and dangerous. So when Jesse experienced himself drifting automatically, he hired a fairly unconventional trainer to live with him for a month-an accomplished Navy SEAL broadly considered to be "the toughest guy on the planet"! **COPING WITH A SEAL** is like a buddy movie if it starred the Fresh Prince of Bel-Surroundings. Entrepreneur Jesse Itzler will attempt almost anything..and Rambo. Jesse is about as easy-going as possible get... SEAL is normally.not. At turns hilarious and inspiring, **LIVING WITH A SEAL** ultimately shows you the benefits of stepping out of your comfort zone. Jesse and SEAL's escapades shortly create a great friendship, and Jesse benefits a lot more than muscle.



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This dude is outta his gourd Early in my own reading of Costs Bryson's "A Walk in the Woods," I found myself thinking, "I should walk the Appalachian Trail!.)In LWaS, Jesse recounts the intense, month-long schooling hell he brought on himself by inviting a real-life Navy SEAL to live with him and his family members. Jesse is a great storyteller and you really felt like you were there encountering it with him."Itzler is a compulsively motivated human being who has achieved crazy success in entertainment, business, and fitness (to state nothing of marriage) by doing things others haven't considered, look at as contrarian or consider bat-shit insane. (is usually "bat-shit" hyphenated? I'll stay indoors, thank you very much. In the end even the author eventually ends up talking like a sailor." A few chapters afterwards, after learning of Bryson's walking, sweating, and chafing knowledge, all I could think was, "Screw that. Great read and incredibly entertaining." Hilarious Not my normal read AT ALL." I QUICKLY find out about Jesse's torn muscles, hypothermia and bloody nuts (yes, those sort of nuts), and thought, "naaahhh."Indeed, Jesse holds back again non-e of the grueling details involved with training with among the world's most elite warriors and the marital complexities that arise when you sponsor him in your family's apartment. Fun and incredibly inspiring. He's also a little bat-shit insane and an extremely funny writer. If you are into fitness and/or crazy people, you'll love Coping with a SEAL. It's insane and hilarious. I provide it out as gifts too..The book does humanize Goggins. I've browse my fair share of self-help, improve yourself books. I loved this book! I'll buy it the day it really is published. but this one got me to take action. Seriously... around chapter 4 I put the book down and proceeded to go for a 4 mile run. That might not seem like a big deal, but I hadn't been out for a run in well over a year! It functions! but beware the bad vocabulary. I didn't realize my girl was searching .. I am amazed Jesse survived the month. Instead of bragging, David Goggins simply moves on to another problem and crushed it (generally within a fundraising benefit for good causes).It is hard to conceive of anyone having this combination of strength, confidence, stamina, and patience. I've applied this philosophy to my exercises and also have been striving to accomplish 40% more reps, reminding myself that although I might feel done actually, that's just my brain telling me to avoid.My take away from the book - "What you think you're capable of is actually only about 40% of everything you are truly capable of" (paraphrasing). This book is certainly hilarious, but beware the poor language.." Me: Yes. It is about life!maybe I will turn up the heat on my exercises and push the limitations of my mind and body. But I heard therefore much about any of it and the reviews captured me. I really do love a good laugh.At times I had to put it down because I was laughing too much! I didn't realize my child was looking over my shoulder and I heard "mommy, is that reserve real?"I had a similar knowledge reading Jesse Itzler's informative, inspiring and hilarious fitness memoir, "Coping with a SEAL. On the much more serious side it was really inspirational. As I was slugging and coping with Orange Theory Fitness Hell Week, often I felt I had reached my limit. He simply is undoubtedly a fan who's existence was transformed over a month he spent with the SEAL himself. He proves you do not need to be genetically gifted or a genius (no offense) to excel and succeed in your life. I noticed the "Rocky" theme often :-). There is a "simply do it" attitude plus they sure perform it amidst bloodstream, sweat, freezing temperatures, lack of sleep, frantic schedule, anywhere and everywhere. best motivational/selfhelp publication out there period. Reading this is like living with the many motivational individual alive. No self help book out there has done for me personally what this reserve has given me. While reading the book I was alternating between sweating through my clothes and laughing my ass off. non-e. Recommend this for many factors, educational, funny, and inspirational. Do some pushups He is a true inspiration READ THIS Publication!.." lol. I got to add that in. The guy curses like a sailor, but it is

rather fitting given the intense lengths each goes.. Early in the publication I was thinking, ".Like SEAL, Jesse has one velocity: 110% x 24 x 7. HHighly recommended. I have recommended it to young and old, man and female and everyone raves about any of it. I'm not crazy about Itzler's writing style. He tries too much to become funny and lots of the attempted humor fails for me. But here's what I DO like about Itzler's perspective in this book: like the rest folks, Jesse is actually, joyfully in awe of David Goggins.I'm a pretty crappy long range runner, so when I first heard about Goggins I came across it impossible to procedure his list of achievements. This guy makes the runners I understand and admire appear as inept as I am. Reading his set of accomplishments is more like reading about a super hero than about an athlete. After some time it all runs jointly, just one jaw dropper after another. Any mere mortal would probably spend the others of his existence crowing about any of it if he previously done even among the things Goggins did. I've been working a lot on "mindset" this year. My biggest takeaway was the theory that when you imagine you're done, you're not. Read it in less than 2 days then bought a copy for my brother-in-legislation. He does share a few of the flaws of lesser guys. He's profane, he can be moody and unfriendly, and he carries a darkness wirh him. This isn't Superman. This is a human being, like anyone else, who just happens to be capable of very feats.On his Instagram web page, David has produced reference to a book he is writing.. In the meantime, this book can do. Jesse Itzler is normally a David Goggins lover, like a lot of us. But the thoughts of what Jesse do during these workout routines and Davids tone of voice in my own head (although I hardly ever met him! The publication can be imperfect, but anyone who admires David Goggins should read it. Lessons on Living This is a well written book that is not directly about fitness or the Navy Seals. I love how Jesse shook up his life just because, and what he discovered had little related to working out. "Mommy, what's a motherf***er? Browse the book. Pick this book up Once I started this book We couldn't put it down. My wife was thinking what I was laughing at on numerous occasions.. Insane and hilarious! Super motivating, fun read.. Lessons were discovered and I am certain it was worthwhile, but wow - those workout routines! No if or but, "Motherf. There is absolutely no preaching, and no self-help talk. There is absolutely no other book such as this book and it changed my entire way of thinking and my entire life. Jesse can be an inspiration to the normal man.) pushed me on. This can do until Goggins writes his own book First, the detrimental. Do your mind and body a big favor and read this book ASAP! Good Read Great read. Very entertaining



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