

The book cover features a central portrait of David Goggins in a white military dress uniform. He is looking directly at the camera with a serious expression. Behind him is a larger, semi-transparent image of himself in a similar pose. The title 'CAN'T HURT ME' is written in large, bold, gold-colored letters, with 'CAN'T' at the top, 'HURT' in the middle, and 'ME' at the bottom. To the right of the portrait, the subtitle 'MASTER YOUR MIND AND DEFEAT THE ODDS' is written in a smaller, white, sans-serif font. At the bottom of the cover, the author's name 'DAVID GOGGINS' is printed in white, bold, sans-serif letters on a solid gold background.

CAN'T

MASTER YOUR
MIND AND DEFEAT
THE ODDS

HURT
ME

DAVID GOGGINS

David Goggins

Can't Hurt Me: Master Your Mind and Defy the Odds



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a man who originated from struggle and hardship, achieved many amazing feats and became among the toughest men alive. AMAZING BOOK and a must read if your seeking to get after it ! He invented his very own methods through trial and error. It's not for everybody, and the people Personally i think who won't like this are the people who are as well delicate , who look for the trick alive in a tidy kit you can buy on-line, and who are looking for the 5 minute ab muscles machine on Amazon at this time. My self-improvement trip was generally hindered by too much positive reinforcement throughout my entire life. There exists a place for this, but sometimes you merely have to look into the mirror and contact yourself out with brutal honesty, David literally will this daily. This book is as much an amazing story as it is a self-help book.! He's candid and raw and unflinching of his failures. I purchased the Audio and Hardback and will read and listen multiple times and also gift this book. What a waste of a triumph because of cussing. The one book you will need if you actually want to change your life This book is more than yet another self-help book. David Goggins is the real deal; Totally Amazing Story This book is different than the generic self help books that we have all read. In this reserve he lays out his lifestyle story, with all the hardships he confronted and how he arrived stronger for it. With this publication he doesn't just offer short term motivation but instead a deep change in your mindset that will help reach your fullest potential, as long as you're willing to put in the work. After scanning this reserve I finally know very well what was wrong with my mentality and I could safely say that I will have a fresh attitude towards lifestyle and attaining my goals. Now I understand what it takes to live up to your full potential, which is something that 99% of people are never quite able to do. Here is a hint- it doesn't happen without suffering. This reserve is worth its excess weight in gold.! Yes, there is a lot of fowl language in this publication, but it's raw and real. It is time to start holding yourself accountable for how are you affected in your daily life and I suspect a lot of people won't like this. #canthurtme. Incredible This book is really as real as it gets. In the event that you read this reserve you'll never become the same! Browse this book!! Awesome! The book is amazing by itself! The audible version is definitely phenomenal with the help of podcast-like commentary. I have both and I recommend both to anyone trying to end up being uncommon amongst uncommon people, to anyone attempting to reach their full potential. A rare human and an incredible story! David Goggins may be the real deal! I found out about him years back through the ultra operating community and have listened to and viewed every podcast and interview I could discover. and was hesitant to get this because I thought I already knew his story. I listened to most of Goggin's podcast on Rogan, etc. However, I cannot deposit this damn book. Cannot put this book down I never write testimonials. Reading his full tale in his own terms is life altering! There is so much more heading on in this reserve. You need obtain it. GET SOME! Incredible book Read it in a single sitting, absolutely outstanding book and fills one with DRIVE. Goggins! This book will help change your mindset and how you view situations and discomfort. An underdog tale on par with Rocky. Not merely do you get a raw and intensely detailed accounts of David's life, he also arms you with the tools to greatly help callous your have mind so that you can end up being better in every facets of your life.! . Or maybe for the individual looking to start the new 12 months running with a new mindset..except this one is true.. The audiobook edition is a game changer for the form as it offers bonus content among chapters in the format of an interview/podcast between Adam and David. Gritty, real and practical Have watched a lot of his interviews about YouTube. Wondered if the publication would add to those or not. Amazing book to snap you out of your weak ass mind Audiobook is an ideal companion to running or just listening on an extended drive home from function in order that once you arrive, you have your brain set to move and take action rather than take a seat on your ass from getting tired, depressed, hungry, etc. Felt like I acquired ripped off purchasing the book . In my own lifetime this is one of my top five lifestyle changing books. He's sharing what he provides learned without trying to become your guru. Salty language but felt like he was simply being his real self. It does add a lot. He's also not afraid to tap into something that our

culture has nearly eliminated, negative reinforcement.! Loved it Mind = Blown Love the Story, Like the Message and love the descriptive method the book is created. Hats off David Goggins, a true legend. Made a poor mistake even reading book. There are therefore many nuggets of inspiration in David's story. Amazing bio This is a great book with an excellent story! Get both the hard duplicate and the Audible too, it's the publication but with plenty of commentary in between chapters with the ghost article writer. David didn't just regurgitate what everyone else said about self improvement.! Great book This book is the kick in the teeth that our society needs..! Dont like the cussing He cusses an excessive amount of and it ruins reading the reserve!!! In time of distress you will hear Goggins in your mind telling you to push yourself and go deeper into the irritation. The challenges he sets forth in the book are very helpful tools aswell. This book is a must read to wrap up a season of grinding and getting after it to aid in sharpening your tools in your mind.. I will recommend this reserve to all or any of my friends.



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