

A riveting story about finding your true capacity to achieve.

SLAYING THE CLOWNS

**A Half Century of Fears
Shattered in 52 Hours**

*"I encourage you to see how the lessons he learned
at Kokoro can apply to your life, and then go challenge
yourself in an extraordinary way like Eric did."*

—Mark Divine

Founder & CEO, Unbeatable Mind and
SEALFIT Commander (Ret), US Navy SEALs

ERIC LOGAN

Eric Logan

Slaying the Clowns: A Half Century of Fears Shattered in 52 Hours



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How your faith can support you and deliver you from lifestyle' Eric Logan did, and he searched for an event that could challenge every dietary fiber of his becoming and reveal his accurate character and capacity. Hooyah!Kokoro may be the brainchild of Mark Divine, Founder and CEO of Unbeatable Mind and SEALFIT, writer of Method of the SEAL and Unbeatable Brain and Commander (Ret), US Navy SEALs. Eric signed up and attacked the event the year he turned 50. Kokoro is a 52 hour physical, mental and emotional team stamina event modeled following the SEAL's Hell Week. Eric educated at Commander Divine's CrossFit affiliate, US Crossfit, for 5 years before trying Kokoro. Kokoro, and the broader SEALFIT plan, integrate physical, mental, psychological, intuitional and awareness teaching to develop elite-level warriors, leaders and groups. Kokoro individuals have historically had a 30% success rate. for attempting the function and a get that could keep him from stopping. Eric's teammates at Kokoro 42 (the 42nd iteration of the function) included a 2 period Golden Gloves boxing champion, a 7 time Spartan Competition champion, an ultramarathon racer and a professional hockey player, so he previously his work trim out for him, attempting to match his teammates and add worth to the group. While he wasn't the fittest athlete that toed the line for the beginning of Kokoro 42 in April, 2016, he previously a clear and strong "Why"Eric is the Chief Operating Officer of COBRA PUMA Golf in Carlsbad, California, and he wanted to enter the event and gain as very much insight as possible about his capacity while an athlete, a head, a husband and a father.Arrive walk beside Eric and learn a few of the lessons that he learned during Kokoro 42:

- How to face your fears
- How to approach life
- Perform you yearn to look for your true mental, physical and emotional capacity in life's darkest moments
- How to face uncertainty's roller coaster—managing the unavoidable ups and downs without obtaining too high or low
- How to learn your strengths and use them daily for the benefit of you and others
- Finally, and most importantly, how exactly to learn that your convenience of life, love and work is indeed much bigger than you ever imagined

Ready to go?How exactly to be helpful in all circumstances

- How to end up being an encouragement to others
- How to find close life companions (Swim Buddies) who problem and encourage you
- How to operate well mainly because an associate of a team, with your family members, your workmates, your athletic event teammates
- How to learn your weaknesses, how to work around them and hopefully, how exactly to change them into strengths

He discovered it in Kokoro, a 52 hour intense fitness event originally created for Navy SEAL and other special operator candidates.



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My overarching takeaway out of this book is the word, and the higher idea of, "Why". The publication delivers an "edge of your chair" depiction of the complete 52 hours of absolutely exhaustive physical and mental activity that ultimately bonds individuals right into a cohesive group whilst every participant remains focused on their personal cause (or Why) for being in the program which eventually unleashes each of their previously unknown real inner strength. Eric lightens the load throughout with his added comical commentary. It is amazing what inner power we each possess! Reading this book is similar to sitting down with a good friend more than a beer and hearing an excellent story. This publication will show you that you have much more capability than you may also imagine and how concentrate, strength and faith makes it possible for you to get over all your fears. Not necessarily from the issues of Kokoro42 but from deep down from within Eric and his love of God What an inspirational browse. This complete account of the very most rigorous 52 hour journey to find your deepest inner self!! Its much broader than that. I loved this book compiled by Eric Logan. This books describes one man's journey through the 52 hour suckfest known as Kokoro.!. Although not really a article writer by trade, the book is written extremely well and is a triumph in of itself. Read the book, and realize that with dedication , effort, perseverance, combined in with a bit of center any goal may be accomplished. Nothing special While I thought this tale was interesting,I did so not really feel the author told his story in an enthusiastic and inspiring way.I really like stories of Triumph and Fitness difficulties and I simply couldn't put my finger about what it was concerning this book that simply didn't resonate with me or produce me want to read it ever again-We love stories of Success when you truly feel for the Author and witness their Transformation with excitement and wish and this story simply was missing something Go physically, prepared, educated ,and humbled enough to be a strong mental group player!! Eric will take on Kokoro just like a beast.. Reading this book is similar to sitting down with a good friend more than a beer .yet he is humbled and smart enough to realize you have to analysis, prepare, ask the proper questions to even join this life challenging knowledge! He tackled Kokoro along with his daughters hearts on his sleeves and climbed, swam, and lifted their family members to the finish range!! Eric became a stronger guy by fighting along others because they pulled one another to triumph over their fears through their strengths! Loved this publication! Mr.! I'm not quite sure how Eric and his teammates made it through this over-the-best strenuous Kokoro.!. Fascinating on so many levels Wow! What a riveting story. This book told me even more about myself than it do about the author, and he did all the function! SO refreshing to learn about guys who are actually searching for ways to strengthen and find new meaning within their marriages and roles as fathers. He will a great work of taking you through each development and the key takeaways behind what the SEALs are trying to educate you on.Tap your inner strength Eric catalogs his personal overcome mental, physical and spiritual fatigue through the grueling 52 hour SEALFIT Kokoro (Japanese for heart) crucible program designed around the Navy SEAL Hell Week plan. Reminds me that fifty might just barely be half of this one precious life we live.", but the statement "Why." Browse the book and We'm certain you will never look at the query vs. the declaration the same again. I will have a deep appreciation of the worthiness and need for contemplating, ruminating, and understanding the Why behind my actions. I could by no means do what Eric do. Be prepared to be entertained, captivated, motivated, and energized by this amazing journey of accomplishment that Eric takes you on. But viewing how his "Why" was all of the motivation he had a need to full the Kokoro challenge was eye-opening for me personally. A book that requires "nifty fifty" to a whole new level This is an excellent inspirational book that I fully enjoyed even though I will NEVER attempt a Kokoro. Eric has a charming love of life that was clearly part of the key of completing the stamina test. The ideas he includes and the queries he asks can be applied to life far beyond the

world of fitness and Navy Seals. Also, I found it deeply revealing that he's scared of clowns. I thought the title referred to the instructors, but clearly he includes a deep respect for them along with all people in his lifestyle. It's especially heart-warming to discover his profound appreciate and respect for his daughters Winnie and Sigourney, his wife Dai and all the women in his life, particularly Patty "Boom Boom" Alcivar. Not the question "Why? Way to live it to the FULLEST, old guy!.. Logan takes us along for the ride, and on the way passes on what he discovered, and how the lessons can become applied to your daily life. I in fact felt Eric's exhaustive discomfort and delirium as I browse the book combined with the ecstasy of the completion.! The lessons Eric discovered by grinding through that weekend, and the lessons that he currently knew but chrystalised for him through the event are applicable to every aspect of existence, from athletics, to work, to family. Must Read Wildly entertaining and inspirational! Hooyah! Definitely not from the problems of Kokoro42 but from deep down from within Eric and his like of God, his wife and especially his two daughters and lifestyle in general. I laughed out loud, I cried, I felt as if I were along on the trip myself. You dont possess to be a Crossfit enthusiast to take pleasure from this book. he came away the end an improved man with fresh insights on his life When Eric Logan turned Fifty, he wished to be challenged simply by a "crucible" event. Give yourself an opportunity to find your "Why?" Great Insight to what this event is like! I) It's for anyone interested or considering doing a "crucible" event (me personally) and miracles what it's enjoy, What resonated for me personally was our age similarity and my nervous about doing an event such as this at 54! Well written and Congrats! It resonated with me as he was 50 when he achieved it and I'm just a couple of years over the age of him. Not only did Eric survive the ordeal, he arrived the end an improved man with new insights on his existence. DFQ, clowns or no clowns :) Inspirational read! He displays how, with a deep understanding of your "why" and planning, one can accomplish even the most challenging of endeavors. Very motivational book, great read.! nevertheless, you can feel every one of them fighting for their WHYS! Great read! Recommend. Amazing what the individual soul can easily conquer!!! What he chose was a grueling 52 hour gauntlet of body and spirit breaking exercises and activities designed to test world class navy seal candidates half his age. For most people who will hardly ever attempt anything remotely like Kokoro, this publication still provides invaluable lessons and insights that most of us can advantage. My hats off to him and his entire class, those who arrived before us and the ones who will arrive after. As a Kokoro graduate myself (class 38) my hat's off to Eric for placing this crucible style experience into words. Adversity is how exactly we develop! Don't 'live a existence of regret' - go through this book! As a person who recently (at age 51) joined a gym for the first time ever, I certainly appreciated the fitness element- but even more, as a females on the brink of divorce- I was in awe of Mr Logan's dedication to his 'why' and obvious dedication to his wife and family members. It is a captivating story which makes you feel as if you are there with Eric the whole time, while letting you into his mind to understand how and why he had taken on something as crazy as Kokoro. An inspirational reserve with something for everyone I must say i loved this reserve- it's about a lot more than just fitness! Provide it a browse, and pass it on to someone who is schooling for a 10k, or starting a new business, or around to get wedded. I loved the WHY!! Its a fun read even if you aren't interested in doing a 3 day endurance event.! Extreme but practical I loved scanning this book as the crucible experience referred to as SealFit Kokoro is so extreme but the lessons that Eric learned and writes to the reader are practical for everyday life. It seems that years of wisdom can be learned in a short amount of time in case you are the right circumstances. Eric is definitely a business man and christian which gave him the perspective that lots of people can understand. If you want to read about an everyday guy teaching for and completing a Navy Seal based event and improve your

personal level of awareness and wisdom after that this is the publication for you. It is etched with humor and intensity that will keep carefully the publication glued in the hands.



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