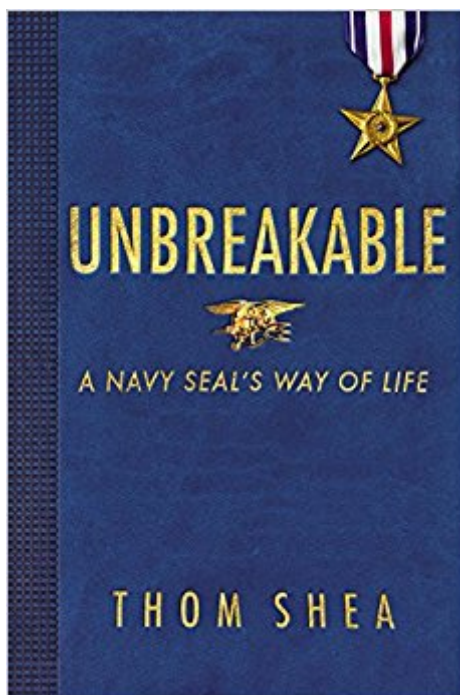


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# Unbreakable: A Navy SEAL's Way Of Life



## Synopsis

A highly decorated Navy SEAL shares stories of his years of combat experience in Afghanistan, providing leadership insights that will shift your view of yourself and provoke life-altering change. Before leaving for combat in Afghanistan, Navy SEAL Thom Shea promised his wife that he would write to his children in case he didn't make it back. What was initially intended to be a private memoir for his family turned into a powerful set of lessons for anyone striving to perform beyond what they believe possible. Shea's stories, while action-packed and entertaining, provide incredible insights on leadership, family, and excellence. In UNBREAKABLE, Shea teaches readers how to achieve and maintain a strong internal dialogue through no matter what the task. Read this book, and transform your life.

## Book Information

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## Customer Reviews

I should start off by saying what this book isn't....It's not slick. It's not like Marcus Luttrell's Lone Survivor. It's not Chris Kyle's American Sniper. And it's not definitely not Richard Marcinko's Rogue Warrior. Each of those was penned in part by others. (Patrick Robinson, Jim DeFelice and John Weisman respectively.) And yes, they are all fine books. No, Thom Shea's Unbreakable was clearly written by the man himself. It's a personal memoir, a "letter" to his children in case he didn't return home from battling America's enemies. It must have been incredibly difficult to write. What does a father want to convey to his son about being a man? What does he want to tell his daughter about being a woman, wife and mother? How does he convey why his sacrificing his life with them was not just a selfish act, but one of love for his family, friends and Nation? When reading, you can get the

sense that the book was compiled from Thom's writing on bits of paper while riding in the back of a cargo plane or email's back home ,from a dusty base in some godforsaken land.It's why I started by saying the book isn't slick. (It's also why it got four stars from me, and not five - it could have had tighter editing.)But what it is is honest.In an age where warriors are no longer glorified, but looked down upon by the politically correct, this book will be hard for them to read. The truth is, after all, a bitter pill to swallow. And the truth is, we need hard men - warriors - to do bad things to bad people.To read Unbreakable is to get to know who Thom Shea is. A warrior.

My biggest gripe is the content in the book that is just ridiculously repetitive. Also, this book is written for his kids. I have no problem what so ever of him talking about whacking hajis. Hell, that's what SEALs do. I loved reading about that. My problem is the excessive amount of times he talks about wanting to bang his wife. In all honesty, if I'm one of his kids, I wouldn't be chomping at the bit to read a book where my dad talks about plowing my mom more than 10 times in the first 200 pgs. I get he loves his wife and how her connection to him helped him as a SEAL but come on.

A chief petty officer is the pinnacle of an enlisted man's or woman's career in the Navy. Thom Shea writes a memorable book to his children that speaks just as powerfully to the reader from the perspective of a front-line E7. You just have to respect a 42 year old senior enlisted combat warrior that continues to deploy with the teams year after year, mission after mission, dealing with his internal dialogue at every turn. Read the book. You'll be a more powerful person for the experience. Thanks for your service Thom.

A great read for anyone who wants to become a leader, anyone who doubts themselves and/or especially those who are suffering from virtually anything. Senior Chief Shea shows and explains how we can do so much more than we ever thought possible, it's not easy by any measure but his lessons are universal and can be applied everyday in many different fashions.For me, the best parts of the book come when we talks about a persons Internal Dialogue. It's insane how much effort/power/willingness/determination, etc. a person can pull from their own internal dialogue.

I loved the book I even bought a paperback copy for my wife and kids to read. A great life book of rules put in layman's terms, that can change your outlook on life and how to reach goals that you thought unattainable!

I discovered this book by accident recently, as soon as I read the description I ordered the book. If you are a fan of Napoleon Hill's "Think & Grow Rich", you will love this book. It takes many of Hill's lessons and puts them in a new context using modern day examples and lessons. Pick your life goals not because they are easy, but because they are hard. And use the lessons in this book to help you attain your goals

The book was great for Thom Shea to write to for his children to read. As far as life-altering I did not get any of that at all. A good book to read to get some insight on a SEAL's life during conflict but don't look for much more than that.

Was rather strange at first when I started reading but it got really good and has many valuable lessons you can learn from. The book is not an autobiography but rather lessons and experiences of the author and how they attributed to his life in combat and at home.

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