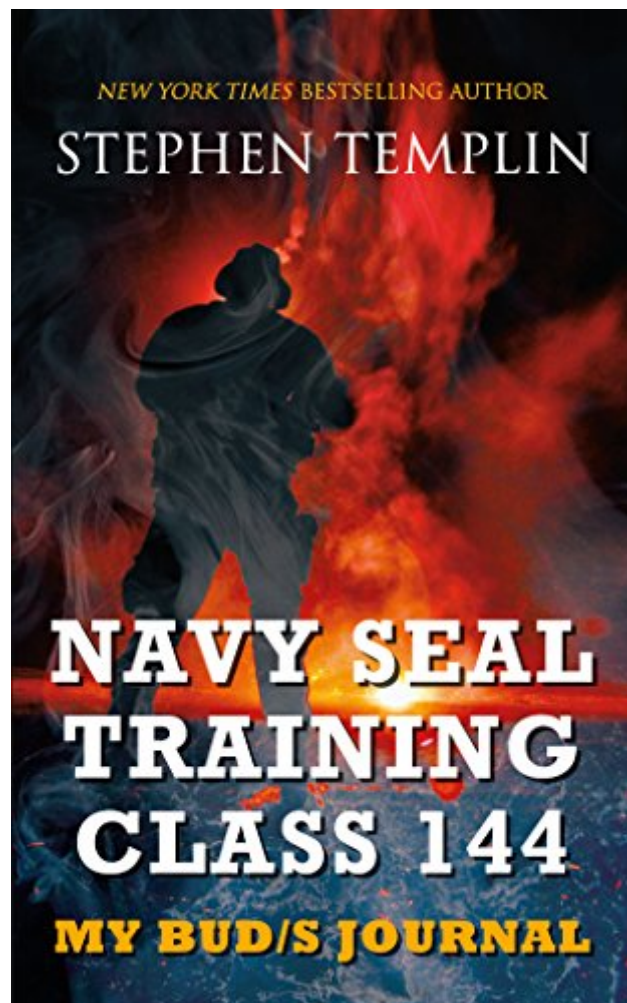




Ebook Directory
the best source of ebook

The book was found

Navy SEAL Training Class 144: My BUD/S Journal



Synopsis

The United States Navy's Basic Underwater Demolition/SEAL (BUD/S) training is some of the toughest military training in the world. In this behind-the-scenes account, readers join New York Times bestselling author Stephen Templin in his journey as a trainee in Class 144. Templin and his classmates endure Hell Week: five-and-a-half days of swimming, hallucinating, enduring frequent hypothermia, running more than two hundred miles, and doing over twenty hours per day of extreme physical training—having slept only four hours total for the week. After Hell Week, they face more challenges. These experiences, Steve's insights into some of the psychology needed to overcome seemingly impossible challenges, teamwork, and an unexpected conclusion, make this a memorable adventure. Praise for Stephen Templin and SEAL Training Class

144—“Reveals an intimate look at the rigorous training.”—Nick Carbone,

Time—“Great to relive, remember, cringe, and laugh over so many of those memories. Steve does an exceptional job of bringing key aspects of BUD/S training to life in an eloquent, realistic, humorous, and thought-provoking manner. Whether you serve a day of your life in a military uniform or not, the lessons he conveys from his time in SEAL training are valuable, life-learning insights for all.”—Mark Beder, BUD/S Class 144 Leader, SEAL Assault Team Leader/Lieutenant

Commander (Veteran) —“When I read SEAL Training Class 144, I thought I was doing it

again—oh, hell. It was like watching a movie—I remembered everything. I think

readers will be hooked and love it. Good job, Fire Team Templin!”—Josëf Duque, BUD/S Class 144 Honor Man, La Infanteria de Marina (Retired)

Book Information

File Size: 1465 KB

Print Length: 211 pages

Page Numbers Source ISBN: 1518695043

Simultaneous Device Usage: Unlimited

Publisher: Stephen Templin; 1 edition (November 15, 2015)

Publication Date: November 15, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B0182HPMV4

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #97,475 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Kindle Store > Kindle eBooks > Children's eBooks > History > Military & Wars #10

in Kindle Store > Kindle eBooks > Teen & Young Adult > Education & Reference > History > Military & Wars #34 in Kindle Store > Kindle eBooks > Biographies & Memoirs > Historical > Military & Wars > Branches > Navy

Customer Reviews

This is the perfect book for anyone considering applying for BUD/S. Templin tells the reader exactly what to expect and takes the reader along for the ride. I've read a lot of books in this genre and all of them fascinate me. This book is short but has amazing facts. The last part of the book serves as a tremendous reference guide for going about how to apply to BUD/S -- whether civilian or military. For those of us veterans, I know I have renewed respect for anyone completing this grueling process.

This is a 5-Star Review because I don't have the option to leave a 10-Star Review. This book was an amazing behind-the-scenes and raw look at what it takes for the elite men to earn the right to keep us safe. I have always had mad respect for our SEALs and other special forces, this book gives a literal day-by-day account of BUD/S, and it's not pretty. While not its intention, this book will inspire any reader to dig a little deeper and remember that most of the time, it really is mind over matter.

This book is pretty amazing. It offers a first hand experience, and the thoughts that are going through someone's head as they went through BUDS training. So I would recommend it to people that are about to go BUDS or interest in or wanting to become a Navy SEAL.

Several friends who went through the training, grueling and tough, some go through more than once, trying to make it.

Interesting story. Amazing how anyone can get through this training.

Well written and gives a first hand view of making an operator. Templin makes you a part of the action while feeling the emotional highs and lows. Great read!

I loved the down-to-earth way Templin shared his story. I have often wished that I had tried out for special forces when I was younger. I have the utmost respect for the men who have sacrificed so much to ensure our freedom.

My favorite thing about reading good books like this is the opportunity to spend time with men like Stephen Templin . When a biography is well written that is what it feels like. Mr Templin is worth spending time with.

[Download to continue reading...](#)

Navy SEAL Training Class 144: My BUD/S Journal NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Breaking BUD/S: How Regular Guys Can Become Navy SEALs (formerly The SEAL Training Bible) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Bud Hastings Avon Collectors Ency & California Perfume Co (Bud Hastin's Avon and Collector's Encyclopedia) SEAL Team Six: Memoirs of an Elite Navy SEAL Sniper Seal Survival Guide: A Navy Seal's Secrets to Surviving Any Disaster Dirty SEAL (A Navy SEAL Romance) (The Maxwell Family) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Navy SEAL Dogs: My Tale of Training Canines for

Combat Raising Men: From Fathers to Sons: Life Lessons from Navy SEAL Training The Making of
a Navy SEAL: My Story of Surviving the Toughest Challenge and Training the Best Trident K9
Warriors: My Tale From the Training Ground to the Battlefield with Elite Navy SEAL Canines
Breaking BUD/S: How Regular Guys Can Become Navy SEALs Bullet Journal: 150 Pages Cactus
Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal
Notebook (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)