

THE HEART AND FIST EDUCATION OF A HUMANITARIAN MAKING NAVY SEAL ERIC GREITENS

THE HEART AND THE FIST RESILIENCE LEADING THE LIFE YOU WANT THE UNOFFICIAL WORKBOOK FOR: ERIC GREITENS NAVY SEAL'S RESILIENCE THE WARRIOR'S HEART THE NAVY SEALS UNCERTAIN
GROUND FIRST, FAST, FEARLESS: HOW TO LEAD LIKE A NAVY SEAL PROCEEDINGS OF THE UNITED STATES NAVAL INSTITUTE STRENGTH & COMPASSION DER SPIEGEL THE AMERICAN OXONIAN TALKING BOOK
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A NAVY SEAL ERIC GREITENS ERIC GREITENS STEWART FRIEDMAN JAN BANANBERG ERIC GREITENS PEREGRINE PEVERELL PHIL KLAY BRIAN "IRON ED" HINER UNITED STATES NAVAL INSTITUTE ERIC GREITENS
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GREITENS RUDOLF AUGSTEIN ERIC GREITENS [P](#) [P](#) ERIC GREITENS BRIAN "IRON ED" HINER*

THE HEART AND THE FIST SHARES ONE MAN'S STORY OF EXTRAORDINARY LEADERSHIP AND SERVICE AS BOTH A HUMANITARIAN AND A WARRIOR IN A LIFE LIVED AT THE RAW EDGES OF THE HUMAN EXPERIENCE
GREITENS HAS SEEN WHAT CAN BE ACCOMPLISHED WHEN COMPASSION AND COURAGE COME TOGETHER IN MEANINGFUL SERVICE AS A RHODES SCHOLAR AND NAVY SEAL GREITENS WORKED ALONGSIDE VOLUNTEERS
WHO TAUGHT ART TO STREET CHILDREN IN BOLIVIA AND LED US MARINES WHO HUNTED TERRORISTS IN IRAQ HE'S LEARNED FROM NUNS WHO FED THE DESTITUTE IN ONE OF MOTHER TERESA'S HOMES FOR THE
DYING IN INDIA FROM AID WORKERS WHO HEALED ORPHANED CHILDREN IN RWANDA AND FROM NAVY SEALS WHO FOUGHT IN AFGHANISTAN HE EXCELLED AT THE HARDEST MILITARY TRAINING IN THE WORLD AND
TODAY HE WORKS WITH SEVERELY WOUNDED AND DISABLED VETERANS WHO ARE REBUILDING THEIR LIVES AS COMMUNITY LEADERS AT HOME GREITENS OFFERS EACH OF US A NEW WAY OF THINKING ABOUT
LIVING A MEANINGFUL LIFE WE LEARN THAT TO WIN ANY WAR EVEN THOSE WE WAGE AGAINST OURSELVES TO CREATE AND OBTAIN LASTING PEACE TO SAVE A LIFE AND EVEN SIMPLY TO LIVE WITH PURPOSE
REQUIRES US EVERY ONE OF US TO BE BOTH GOOD AND STRONG

A MASTERPIECE OF WARRIOR WISDOM HOW TO BE RESILIENT HOW TO OVERCOME OBSTACLES NOT BY POSITIVE THINKING OR SELF ESTEEM BUT BY POSITIVE ACTION THE BESTSELLING AUTHOR NAVY SEAL AND
HUMANITARIAN ERIC GREITENS OFFERS A SELF HELP BOOK UNLIKE ANY OTHER

A WALL STREET JOURNAL BESTSELLER FOR NEARLY THIRTY YEARS MY LIFE'S WORK HAS BEEN TO HELP PEOPLE LIKE YOU FIND WAYS TO BRING THE OFTEN WARRING ASPECTS OF LIFE INTO GREATER HARMONY
STEW FRIEDMAN FROM LEADING THE LIFE YOU WANT YOU'RE BUSY TRYING TO LEAD A FULL LIFE BUT DOES IT REALLY FEEL FULL OR ARE YOU STRETCHED TOO THIN ENTER STEW FRIEDMAN WHARTON PROFESSOR
ADVISER TO LEADERS ACROSS THE GLOBE AND PASSIONATE ADVOCATE OF REPLACING THE MISGUIDED METAPHOR OF WORK LIFE BALANCE WITH SOMETHING MORE REALISTIC AND SUSTAINABLE IF YOU'RE SEEKING
BALANCE YOU'LL NEVER ACHIEVE IT ARGUES FRIEDMAN THE IDEA THAT WORK COMPETES WITH LIFE IGNORES THE MORE NUANCED REALITY OF OUR HUMANITY THE INTERACTION OF FOUR DOMAINS WORK HOME

COMMUNITY AND THE PRIVATE SELF THE GOAL IS TO CREATE HARMONY AMONG THEM INSTEAD OF THINKING ONLY IN TERMS OF TRADE OFFS IT CAN BE DONE BUILDING ON HIS NATIONAL BESTSELLER TOTAL LEADERSHIP AND ON DECADES OF RESEARCH TEACHING AND PRACTICE AS BOTH CONSULTANT AND SENIOR EXECUTIVE FRIEDMAN IDENTIFIES THE CRITICAL SKILLS FOR INTEGRATING WORK AND THE REST OF LIFE HE ILLUSTRATES THEM THROUGH COMPELLING ORIGINAL STORIES OF THESE REMARKABLE PEOPLE FORMER BAIN COMPANY CEO AND BRIDGESPAN CO FOUNDER TOM TIERNEY FACEBOOK COO AND BESTSELLING AUTHOR SHERYL SANDBERG NONPROFIT LEADER AND US NAVY SEAL ERIC GREITENS US FIRST LADY MICHELLE OBAMA SOCCER CHAMPION TURNED BROADCASTER JULIE FOUDY RENOWNED ARTIST BRUCE SPRINGSTEEN EACH OF THESE ADMIRABLE THOUGH SURELY IMPERFECT PEOPLE EXEMPLIFIES A SET OF SKILLS FOR BEING REAL BEING WHOLE AND BEING INNOVATIVE THAT PRODUCE A SENSE OF PURPOSE COHERENCE AND OPTIMISM BASED ON INTERVIEWS AND RESEARCH THEIR STORIES PAINT A VIVID PICTURE OF HOW SIX VERY DIFFERENT LEADERS USE THESE SKILLS TO ACT WITH AUTHENTICITY INTEGRITY AND CREATIVITY AND THEY PROVE THAT SIGNIFICANT PUBLIC SUCCESS IS ACCOMPLISHED NOT AT THE EXPENSE OF THE REST OF LIFE BUT AS THE RESULT OF MEANINGFUL ENGAGEMENT IN ALL ITS PARTS WITH DOZENS OF PRACTICAL EXERCISES FOR STRENGTHENING THESE SKILLS CURATED FROM THE LATEST RESEARCH IN ORGANIZATIONAL PSYCHOLOGY AND RELATED FIELDS THIS BOOK WILL INSPIRE YOU INFORM YOU AND INSTRUCT YOU ON HOW TO TAKE REALISTIC STEPS NOW TOWARD LEADING THE LIFE YOU TRULY WANT

PLEASE NOTE THIS UNOFFICIAL WORKBOOK WAS CREATED BY JAN O BANANBERG TO BE USED AS A COMPLIMENT TO ERIC GREITENS NAVY SEAL S BOOK RESILIENCE IMAGINE 2 SCENARIOS IN THE FIRST ONE YOU HAVE JUST FINISHED READING RESILIENCE IT WAS A GREAT BOOK AND YOU REMEMBER THAT IT MENTIONED A LOT OF SMART THINGS BUT YOU CAN T REMEMBER MUCH OF IT NOW AS YOU CLOSE THE BOOK IN THE SECOND SCENARIO YOU HAVE JUST FINISHED THE SAME BOOK THE DIFFERENCE NOW IS THAT YOU HAVE A PLAN FOR HOW TO IMPLEMENT THIS NEW KNOWLEDGE TO IMPROVE YOUR LIFE MOST PEOPLE WILL FIND THEMSELVES IN SCENARIO ONE WE BELIEVE THAT READING IS AN INVESTMENT YOU SPEND TIME WITH A BOOK BECAUSE YOU HOPE THAT IT WILL MAKE YOU HAPPIER HEALTHIER WEALTHIER OR SMARTER BUT SIMPLY JUST READING A GREAT BOOK IS NOT ENOUGH YOU HAVE TO TAKE ACTION IN THIS WORKBOOK JAN O BANANBERG WILL HELP YOU MAKE REAL CHANGES FROM WHAT YOU HAVE READ BY TURNING THAT KNOWLEDGE INTO LASTING HABITS

THE NEW YORK TIMES BESTSELLING AUTHOR AND NAVY SEAL DESCRIBES HIS ADVENTUROUS LIFE IN A MANNER THAT MANY TEEN BOYS WILL FIND INSPIRATIONAL VOYA IN THIS ADAPTATION OF HIS BESTSELLING BOOK THE HEART AND THE FIST ERIC SPEAKS DIRECTLY TO TEEN READERS INTERWEAVING MEMOIR AND INTIMATE SECOND PERSON NARRATIVES THAT ASK THE READER TO PUT THEMSELVES IN THE SHOES OF HIMSELF AND OTHERS READERS WILL SHARE IN ERIC S EVOLUTION FROM AVERAGE KID TO GLOBE TRAVELING HUMANITARIAN TO WARRIOR TRAINING AND SERVING WITH THE MOST ELITE MILITARY OUTFIT IN THE WORLD THE NAVY SEALS ALONG THE WAY THEY LL BE ASKED TO CONSIDER THE POWER OF CHOICES OF MAKING THE DECISION EACH AND EVERY DAY TO ACT WITH COURAGE AND COMPASSION SO THAT THEY GROW TO BE TOMORROW S HEROES SURE TO INSPIRE AND MOTIVATE A KIRKUS REVIEWS BEST TEEN BOOK OF THE YEAR IT S NO SMALL FEAT TO MAKE A DIFFERENCE IN SOMEBODY S LIFE BY SHARING THESE STORIES WITH YOUNG READERS GREITENS NOW HAS A CHANCE TO MAKE A DIFFERENCE IN A FEW MORE THE NEW YORK TIMES BOOK REVIEW AN ENGAGING AND IMPORTANT BOOK LOS ANGELES TIMES AN UNCOMMON TO SAY THE LEAST COMING OF AGE RETRACED WITH WELL DESERVED PRIDE BUT NOT SELF AGGRANDIZEMENT AND AS THOUGHT PROVOKING AS IT IS ENTERTAINING KIRKUS REVIEWS STARRED REVIEW ADAPTED FROM THE ADULT TITLE THE HEART AND THE FIST THIS VOLUME HAS BEEN REARRANGED SHORTENED AND STREAMLINED IN WAY SURE TO APPEAL TO ITS NEW AUDIENCE SCHOOL LIBRARY JOURNAL

THE NAVY SEALS OFFERS A COMPREHENSIVE EXPLORATION OF AMERICA S ELITE SPECIAL OPERATIONS FORCE TRACING THEIR EVOLUTION FROM WORLD WAR II UNDERWATER DEMOLITION TEAMS TO THEIR CURRENT STATUS AS A VITAL COMPONENT OF MODERN WARFARE THIS BOOK DELVES INTO THE GRUELING 24 WEEK BASIC UNDERWATER DEMOLITION SEAL BUD S TRAINING REVEALING HOW ORDINARY SAILORS ARE TRANSFORMED INTO EXTRAORDINARY WARRIORS CAPABLE OF EXECUTING COMPLEX COVERT OPERATIONS THROUGH A BLEND OF HISTORICAL CONTEXT AND CUTTING EDGE RESEARCH THE BOOK EXAMINES THE SEALS UNIQUE COMBINATION OF PHYSICAL PROWESS MENTAL TOUGHNESS AND ADAPTABILITY IT HIGHLIGHTS NOTABLE MISSIONS FROM VIETNAM TO THE RAID ON OSAMA BIN LADEN S COMPOUND WHILE ALSO ADDRESSING CONTROVERSIES SURROUNDING THE USE OF SPECIAL FORCES THE AUTHORS DRAW ON PRIMARY SOURCES INCLUDING INTERVIEWS WITH SEALS AND DECLASSIFIED MISSION REPORTS TO PROVIDE AN AUTHENTIC AND BALANCED PERSPECTIVE WHAT SETS THIS BOOK APART IS ITS INTERDISCIPLINARY APPROACH CONNECTING MILITARY HISTORY WITH PSYCHOLOGY AND INTERNATIONAL RELATIONS IT OFFERS READERS NOT ONLY THRILLING ACCOUNTS OF SEAL OPERATIONS BUT ALSO THOUGHTFUL ANALYSIS OF THEIR STRATEGIC IMPORTANCE AND THE ETHICAL IMPLICATIONS OF THEIR DEPLOYMENT THIS ACCESSIBLE

YET RIGOROUS EXAMINATION OF THE NAVY SEALS PROVIDES VALUABLE INSIGHTS INTO LEADERSHIP TEAMWORK AND RESILIENCE MAKING IT A COMPELLING READ FOR MILITARY ENTHUSIASTS AND GENERAL AUDIENCES ALIKE

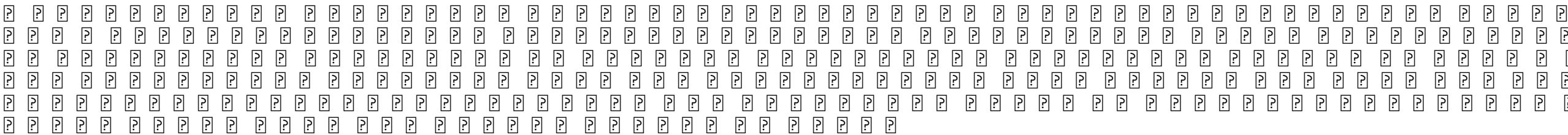
FROM THE NATIONAL BOOK AWARD WINNING AUTHOR OF REDEPLOYMENT AND MISSIONARIES AN ASTONISHING FEVER GRAPH OF THE EFFECTS OF TWENTY YEARS OF WAR IN A BRUTALLY DIVIDED AMERICA WHEN PHIL KLAY LEFT THE MARINES A DECADE AGO AFTER SERVING AS AN OFFICER IN IRAQ HE FOUND HIMSELF A PART OF THE COMMUNITY OF VETERANS WHO HAVE NO CHOICE BUT TO GRAPPLE WITH THE MEANING OF THEIR WARTIME EXPERIENCES FOR THEMSELVES AND FOR THE COUNTRY AMERICAN IDENTITY HAS ALWAYS BEEN BOUND UP IN WAR FROM THE REVOLUTIONARY WAR OF OUR FOUNDING TO THE CIVIL WAR THAT ENDED SLAVERY TO THE TWO WORLD WARS THAT LAUNCHED AMERICA AS A SUPERPOWER WHAT DID THE CURRENT WARS SAY ABOUT WHO WE ARE AS A COUNTRY AND HOW SHOULD WE RESPOND AS CITIZENS UNLIKE IN PREVIOUS ERAS OF WAR RELATIVELY FEW AMERICANS HAVE HAD TO DO ANY REAL GRAPPLING WITH THE ENDLESS INVISIBLE CONFLICTS OF THE POST 9 11 WORLD IN FACT INCREASINGLY FEW PEOPLE ARE EVEN AWARE THEY ARE STILL GOING ON IT IS AS IF THESE WARS ARE A DARK STAR WITH A STRONG GRAVITATIONAL FORCE THAT DRAWS A RELATIVELY SMALL NUMBER OF SOLDIERS AND THEIR FAMILIES INTO ITS ORBIT WHILE REMAINING INCONSPICUOUS TO MOST OTHER AMERICANS IN THE MEANTIME THE CONSEQUENCES OF AMERICAN MILITARY ACTION ABROAD MAY BE OUT OF SIGHT AND OUT OF MIND BUT THEY ARE VERY REAL INDEED THIS CHASM BETWEEN THE MILITARY AND THE CIVILIAN IN AMERICAN LIFE AND THE MORAL BLIND SPOT IT HAS CREATED IS ONE OF THE GREAT THEMES OF UNCERTAIN GROUND PHIL KLAY S POWERFUL SERIES OF RECKONINGS WITH SOME OF OUR COUNTRY S THORNIEST CONCERNS WRITTEN IN ESSAY FORM OVER THE PAST TEN YEARS IN THE NAME OF WHAT DO WE ASK YOUNG AMERICANS TO KILL AND TO DIE IN THE NAME OF WHAT DOES THIS COUNTRY HANG TOGETHER AS WE SEE AT EVERY TURN IN THESE PAGES THOSE TWO QUESTIONS HAVE A GREAT DEAL TO DO WITH EACH ANOTHER AND HOW WE ANSWER THEM WILL GO A LONG WAY TOWARD DECIDING WHERE OUR TROUBLED COUNTRY GOES FROM HERE

LOS ANGELES TIMES BESTSELLER SEAL STYLE LEADERSHIP YOUR BEST WEAPON IN TODAY S COMPLEX BUSINESS TERRAIN BEYOND EXTREME PHYSICAL AND COMBAT ACHIEVEMENTS SEALS ARE KNOWN FOR MENTAL TOUGHNESS BIAS FOR ACTION DECISIVENESS CREATIVE THINKING ADAPTABILITY AND PERSEVERANCE ALL UNDER EXTREME STRESS THEY GET THINGS DONE THROUGH BY AND WITH OTHERS SEALS HAVE A UNIQUE WAY OF APPROACHING EVERY CHALLENGE AND OPPORTUNITY THAT ENABLES THEM TO DO WHAT OTHERS CAN T OR SIMPLY WON T COMPETING IN THE GLOBAL ECONOMY ISN T UNLIKE GUERRILLA WARFARE YOUR COMPETITORS COME AT YOU FROM UNEXPECTED PLACES WITH SURPRISING FORCE AND THE MARKETPLACE IS CONSTANTLY SHIFTING AS A LEADER WHAT DO YOU DO TO EMPOWER YOUR BUSINESS AND YOUR PEOPLE NOT ONLY TO SURVIVE BUT TO THRIVE AND WIN FIRST FAST FEARLESS IS A PRACTICAL GUIDE FOR THE BUSINESS LEADER WHO WANTS TO LEARN FROM THE BEST OF THE BEST HOW TO BUILD AND LEAD EFFECTIVE TEAMS IN CONDITIONS OF VOLATILITY UNCERTAINTY COMPLEXITY AMBIGUITY AND CONSTANT CHANGE AS ONE OF THE MOST EXPERIENCED TRAINERS IN NAVY SEAL HISTORY IRON ED HINER REVEALS HOW TO DEVELOP YOUR PERSONAL LEADERSHIP BRAND AND MAKE IT YOUR CREDO CREATE MISSION ALIGNED TEAMS THAT OPERATE AS TRUE COMRADES ESTABLISH AND COMMUNICATE CRYSTAL CLEAR GOALS ENHANCE TEAM INNOVATION AND PROBLEM SOLVING UNDER PRESSURE COMBAT THE ENEMIES OF COPIOUS BUREAUCRACY AND INADEQUATE RESOURCES RISE TO THE CALL OF LEADERSHIP WHEN IT COUNTS MOST YOU MAY NOT BE FACING JIHADISTS IN THE MOUNTAINS OF AFGHANISTAN AND THE STREETS OF IRAQ LIKE HINER DID BUT JUST AS HIS SEALS DEPENDED ON HIM TO LEAD THEM ON SUCCESSFUL MISSIONS AND SAFE PASSAGE HOME YOUR PEOPLE ARE COUNTING ON YOU TO EMPOWER THEM DEFEAT THE COMPETITION AND FORGE PATHS TO GREATER SUCCESS BE A FIRST FAST FEARLESS LEADER

A COLLECTION OF PHOTOGRAPHER ERIC GREITEN'S AWARD WINNING INTERNATIONAL HUMANITARIAN PHOTOGRAPHY

LIST OF RHODES SCHOLARS 1904 1915 v 2 p 145 161 VOL FOR 1934 INCLUDE ADDRESSES AND OCCUPATIONS OF RHODES SCHOLARS AND OTHER OXONIANS CALLED 1934 36 ADDRESSES AND OCCUPATIONS OF RHODES SCHOLARS

The image consists of a single row of 60 small square icons, each containing a black question mark. The icons are arranged horizontally across the page.



NEL 2012 ERIC GREITENS EX NAVY SEAL E AUTORE DI LIBRI DI SUCCESSO RICEVE UN INATTESA TELEFONATA DA UN SUO EX COMMILITONE ZACH WALKER ^[1] SEMPRE STATO UN VERO OSSO DURO E UN ECCELLENTE SOLDATO MA DA QUANDO ^[2] TORNATO A CASA DALLA GUERRA SI ^[3] TROVATO DI FRONTE A UN MURO DI DIFFICOLTÀ ^[4] IMPROVVISAMENTE PRIVO DI OBIETTIVI AFFLITTO DA DISTURBI POST TRAUMATICI DA STRESS AFFOGA LA SUA SOFFERENZA NELL ALCOL ERIC DECIDE DI PORGERGLI UN AIUTO CONCRETO E INIZIA A SCRIVERGLI OFFRENDO UNA SERIE DI RIFLESSIONI CHE RUOTANO INTORNO AL CONCETTO DI RESILIENZA UNA QUALITÀ ^[5] CHE DOVREBBE ESSERE FAMILIARE A CHI HA DOVUTO SUPERARE I DURISSIMI ADDESTRAMENTI DEI CORPI SPECIALI MA CHE GREITENS CI INSEGNA AD APPLICARE ALLA VITA DI TUTTI I GIORNI NESSUNO DI NOI PUÒ ^[6] SFUGGIRE AL DOLORE ALLA PAURA E ALLA SOFFERENZA MA LA RESILIENZA PUÒ ^[7] AIUTARCI A FAR NASCERE DAL DOLORE LA SAGGEZZA DALLA PAURA IL CORAGGIO DALLA SOFFERENZA LA FORZA LE LETTERE DI ERIC ATTINGONO ALLA SUA ESPERIENZA DI NAVY SEAL E ALLA SAGGEZZA APPRESA DAI PENSATORI ANTICHI E MODERNI E SONO QUI RACCOLTE PER DIMOSTRARCI COME LA DETERMINAZIONE E L ARTE DELLA RESILIENZA POSSANO AIUTARCI A RAGGIUNGERE OBIETTIVI SUPERARE IL DOLORE SVILUPPARE LA NOSTRA VOCAZIONE CREARE FELICITÀ ^[8] E MOLTO ALTRO SONO LEZIONI PROFONDE E AL TEMPO STESSO PRAGMATICHE PAROLE VERE DA APPLICARE ALLA VITA VERA TUTTI AFFRONTIAMO PROBLEMI E INCERTEZZE MA TUTTI POSSEDIAMO GLI STRUMENTI PER SUPERARLI E TORNARE AD AVERE IL PIENO CONTROLLO DELLA NOSTRA VITA UNA MEDITAZIONE PROFONDA PER RISVEGLIARE FINALMENTE IL GUERRIERO CHE ^[9] IN OGNUNO DI NOI

LOS ANGELES TIMES BESTSELLER SEAL STYLE LEADERSHIP YOUR BEST WEAPON IN TODAY S COMPLEX BUSINESS TERRAIN BEYOND EXTREME PHYSICAL AND COMBAT ACHIEVEMENTS SEALS ARE KNOWN FOR MENTAL TOUGHNESS BIAS FOR ACTION DECISIVENESS CREATIVE THINKING ADAPTABILITY AND PERSEVERANCE ALL UNDER EXTREME STRESS THEY GET THINGS DONE THROUGH BY AND WITH OTHERS SEALS HAVE A UNIQUE WAY OF APPROACHING EVERY CHALLENGE AND OPPORTUNITY THAT ENABLES THEM TO DO WHAT OTHERS CAN T OR SIMPLY WON T COMPETING IN THE GLOBAL ECONOMY ISN T UNLIKE GUERRILLA WARFARE YOUR COMPETITORS COME AT YOU FROM UNEXPECTED PLACES WITH SURPRISING FORCE AND THE MARKETPLACE IS CONSTANTLY SHIFTING AS A LEADER WHAT DO YOU DO TO EMPOWER YOUR BUSINESS AND YOUR PEOPLE NOT ONLY TO SURVIVE BUT TO THRIVE AND WIN FIRST FAST FEARLESS IS A PRACTICAL GUIDE FOR THE BUSINESS LEADER WHO WANTS TO LEARN FROM THE BEST OF THE BEST HOW TO BUILD AND LEAD EFFECTIVE TEAMS IN CONDITIONS OF VOLATILITY UNCERTAINTY COMPLEXITY AMBIGUITY AND CONSTANT CHANGE AS ONE OF THE MOST EXPERIENCED TRAINERS IN NAVY SEAL HISTORY IRON ED HINER REVEALS HOW TO DEVELOP YOUR PERSONAL LEADERSHIP BRAND AND MAKE IT YOUR Credo CREATE MISSION ALIGNED TEAMS THAT OPERATE AS TRUE COMRADES ESTABLISH AND COMMUNICATE CRYSTAL CLEAR GOALS ENHANCE TEAM INNOVATION AND PROBLEM SOLVING UNDER PRESSURE COMBAT THE ENEMIES OF COPIOUS BUREAUCRACY AND INADEQUATE RESOURCES RISE TO THE CALL OF LEADERSHIP WHEN IT COUNTS MOST YOU MAY NOT BE FACING JIHADISTS IN THE MOUNTAINS OF AFGHANISTAN AND THE STREETS OF IRAQ LIKE HINER DID BUT JUST AS HIS SEALS DEPENDED ON HIM TO LEAD THEM ON SUCCESSFUL MISSIONS AND SAFE PASSAGE HOME YOUR PEOPLE ARE COUNTING ON YOU TO EMPOWER THEM DEFEAT THE COMPETITION AND FORGE PATHS TO GREATER SUCCESS BE A FIRST FAST FEARLESS LEADER

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AGREED EASY AND AS A RESULT FATS, ISNT IT? YOU HAVE TO FAVOR TO IN THIS MANNER

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