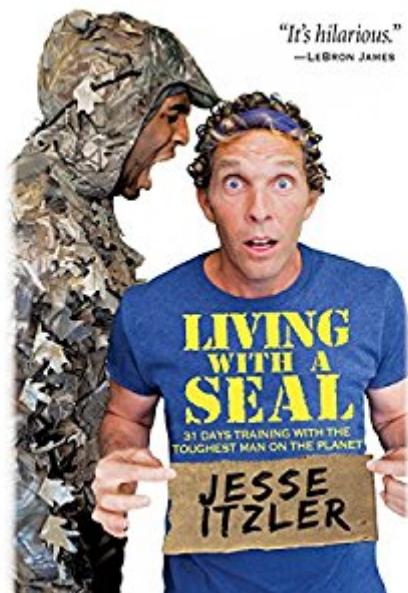


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# Living With A SEAL: 31 Days Training With The Toughest Man On The Planet



## **Synopsis**

Entrepreneur Jesse Itzler will try almost anything. He brazenly pretended to be an established hip-hop artist to secure a meeting with a studio head - and it led to a record deal. He convinced a bunch successful business executives to invest in an unprecedented business plan - and it turned into Marquis Jet. He sincerely offered to run a 100-mile race in Spanx to get the attention of the beautiful founder of the company - and ended up marrying her. His life is about being bold and risky. And it's brought him plenty of rewards. So when Jesse felt himself drifting on autopilot, he hired a rather unconventional trainer to live with him for a month - an accomplished Navy SEAL widely considered to be "the toughest man on the planet"! Living with a SEAL is like a buddy movie if it starred the Fresh Prince of Bel-Air...and Rambo. Jesse is about as easy-going as you can get. SEAL is...not. He even shows up at Jesse's apartment with an inflatable raft just in case the Itzler family ever has to escape Manhattan by crossing the Hudson River. Jesse and SEAL's escapades soon produce a great friendship, and by the time SEAL leaves, Jesse is in the best shape of his life, but he gains much more than muscle. At turns hilarious and inspiring, Living with a SEAL ultimately shows you the benefits of stepping out of your comfort zone.

## **Book Information**

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## **Customer Reviews**

Early in my reading of Bill Bryson's "A Walk in the Woods," I found myself thinking, "I should walk the Appalachian Trail!" A few chapters later, after learning of Bryson's hiking, sweating, and chafing experience, all I could think was, "Screw that. I'll stay indoors, thank you very much." I had a similar

experience reading Jesse Itzler's informative, inspiring and hilarious fitness memoir, "Living with a SEAL." Itzler is a compulsively motivated human being who has achieved crazy success in entertainment, business, and fitness (to say nothing of marriage) by doing things others haven't thought of, view as contrarian or consider bat-shit insane. (is "bat-shit" hyphenated?) In LWaS, Jesse recounts the intense, month-long training hell he brought on himself by inviting a real-life Navy SEAL to live with him and his family. Early in the book I was thinking, "...maybe I should turn up the heat on my workouts and push the limits of my mind and body." Then I read about Jesse's torn muscles, hypothermia and bloody nuts (yes, those kind of nuts), and thought, "naaahhh." Indeed, Jesse holds back none of the grueling details involved in training with one of the world's most elite warriors and the marital complexities that arise when you host him in your family's apartment. Like SEAL, Jesse has one speed: 110% x 24 x 7. He's also a little bat-shit insane and a really funny writer. If you're into fitness and/or crazy people, you'll love Living with a SEAL.

I'm a voracious reader, and Living with a Seal has prompted me to write my first review. Just finished the book. I feel like I'm owed \$15 for having been a walking audio book over the last few days. I've retold so many of the crazy stories to my friends. Either to get a laugh or share the book's message: push yourself out of your comfort zone. Great to read a book that motivates me to grow and do more through humor and stories without getting preachy. 2 amazing guys with different stories and lessons. Enjoy it and learn!

First review ever, thought this would be a good one to start. This book certainly motivated me. It was a fairly quick read. I could hear seal yelling all his mothers\*#!ÃƒÆ'Ã ers and telling him to suck it up. I literally laughed out loud and only led me to see how other seals trained and lives their lives. This is a absolute great book and I would love to run into seal(or jesse) one day to say thank you for your service and encouragement. Must read!

The slightly irritating thing about this book is the nagging feeling you get Jesse wants to take every opportunity to make sure you know what a successful entrepreneur he is. Otherwise, you can't fail to be in awe and inspired by the superhuman that is SEAL. I took a few things away from this, and applied them to my daily life e.g. I might sometimes turn around on a hike if I "didn't feel like it", I'm finding myself now thinking about SEAL and his "see it through" attitude, and I finish what I started. Overall it's an enjoyable read.

Absolutely love this book. Seeing and reading about people who really push the boundaries of our human limit was really inspiring for me. Every time I feel like giving up on something difficult, I remember about this book and the things both SEAL and Jesse has to go through and realize how what I'm going through is nothing compared to that and that I can push myself way harder! Definitely recommend reading this book. One of the better "self improvement" books that isn't wishy washy.

Read it in one day after reading about it in a John Maxwell book. As interesting as inspiring! Funny yet useful. Shield the bad language from the kids.

There's plenty of opportunities in this book to get offended . The author has a questionable diet and references to the giant poison maker that's killing kids in Mexico. But the positives make the book a winner. His open loop with the big red chicken shows his level of sophistication in his writing. Lots of useful details make it a must have.

They don't let you submit your review unless you use the required number of words. Everything I had to say though about it is above.

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