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# Breaking BUD/S: How Regular Guys Can Become Navy SEALS



## Synopsis

They didn't almost call it the SEAL Training Bible for no reason: this book contains over 400 pages of insight into Basic Underwater Demolition/SEAL (BUD/S) Training. Inside you'll find details and advice you can't find anywhere else. Navy SEAL DH Xavier wrote you the book he wishes he'd had. Now you can benefit from his experiences. Topics include mental toughness techniques, physical conditioning tips, step-by-step application guides, and detailed evolution walkthroughs completed with tactics, techniques, and procedures (TTPs) to ensure you have the best chance at completing training. He's done what he can; the rest is on you. Delivered in a clear, funny manner, the author's crass humor may offend sensitive readers - but for those who want to join the elite Navy SEALs, this book is the Bible.

## Book Information

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## Customer Reviews

DH Xavier is a Navy SEAL officer who believes an informed BUD/S student is more likely to complete training. Mark Owen is not the author.

Guys if you're even considering Bud/S then of all the resources you can get this is one that you MUST have. Details and more insights than anything you'll read or see. Or even if you're an old guy like me who is a Navy vet from decades past you'll find this book entertaining, funny and "real." Plus the author lists must read books to anyone even considering BUD/S. Plutarch? Really??!! Well hell yeah! The Life of Alexander the Great?? And after you read Breaking BUD/S watch again the movie "300". It will take on a new meaning. And yes, the author is correct. BUD/S seems to be, when

viewed from the outside, all physical but in reality, it's a rite of passage not unlike what the Spartan men and boys endured. Getting through it is mental, the will to never quit and the identity change from that of a rugged individual to a total team guy. Did I say this book is funny? It really is a hoot! Added later.....a must read if you're thinking of signing up? This book should be on the author's "required reading " list "With The Old Breed" by EB Sledge. After reading about what the Marines endured at Peleliu and Okinawa during WW 2 any BUD/S candidate can take a tremendous amount of encouragement and strength with him especially during Hell Week. These Marines endured 2 1/2 months of hell on Okinawa spending much time in the mud, constantly wet, getting shot at by snipers and artillery, dealing with horrific smells of rotting corpses left on the battlefield, lack of sanitation and food, going crazy from the insane conditions and lack of sleep. Think of these guys, your grandpa, don't let them down. Seriously? Hell Week should be a walk in the park. These WW2 infantry vets would have gladly traded their literal hell for your Hell Week.

I read a lot of books on physical and mental training and this book really stands up with the best of them. For one it gives you realistic standards that you will have to meet to be successful in BUD/S. The book also doesn't candy coat anything about the personal hardships and deprivations you will face. Yet despite all that there are ways to cope and thrive and that is to work for "small victories" and to charge into every task as hard as you can and "embrace the suck". This is done by learning how to cheat and not get caught and by knowing all the details of everything from what the instructors like to find in your room refrigerator during room inspections to how to run the obstacle course in the most efficient way possible. From a personal view point I am never doing to BUD/S but the reason why I loved this book is because it has a lot of mental strategies that everyone can use to deal with the challenges of life. The PT standards are something you can compare yourself too and I used the run plan workout that was suggested with great success. However the best part of this book is the simple fact that is really entertaining. You feel like you're having a personal conversation with the author over a beer. Getting all the inside tips, interesting stories and experiences of the author.

In the back of this book, the authors include a pretty comprehensive reading list for those who are seriously considering becoming SEALs. While I have only read two of the books from the list, they both came from the "Required Reading" section. Those books include "The Warrior Elite" and "The Finishing School" by Dick Couch. I bought this book last night and finished it an hour ago. This book belongs at the top of its own revised "Required Reading" list. Half of this is due to the fact that it

describes in detail a more updated version of BUD/S, and is therefore a bit more relevant. The other half is due to the sheer frankness and honesty of the coauthor and narrator, Mark Owens. I've read quite a few other books about other post-9/11 SEALs and their exploits. All are fascinating, but sometimes I've felt they stray into the self-indulgent territory. Not so in this book.\*\* This book is the most refreshingly honest and objective thing I've ever read about BUD/S and what it takes to make it through. Mr. Owens is an officer and describes his personal route via OCS, but also details the exact steps an enlisted man would take and the best way to prepare for either option. Like many men, I've often wondered if I had the ability to be a SEAL. It's something that I've wrestled with for a long time, but Mr. Owens did something that no other SEAL author was able to do. Through his forthright accounts, he made me realize the SEAL lifestyle is not for me, and for that, I'm grateful. I gave this book five stars because it educated me in a way no other book on the same subject has done. Through this education, it answered a burning question and also made me laugh out loud from the politically incorrect humor the Team guys share. If being a SEAL is what you actually want, this book will get you there. If you think being a SEAL is what you want, this will answer the question and then, if it's right for you, it will get you there. If not, it will at least give you a reason to laugh and appreciate the guys who do what most people, such as myself, can only dream of.\*\* To be clear, I've loved all the books I've read about the SEALs, pre- and post-9/11. They served as fascinating character studies and made me relieved that we have so many great men volunteering for such a demanding and necessary job. The last thing I would ever be is critical of a real man doing a real man's job. I am, even by comparison to an Army mess cook, soft as baby sh!t.

Fascinating look inside the SEALs' training. Anyone thinking about trying for this type of life should read this book. It cleared up the situation for me - first I could never do it - second I would never want to do it - although while I was in boot camp I wanted to try out for UDT. While I already had great respect for our special ops people this put it over the top. Now I know what's so special about these guys.

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