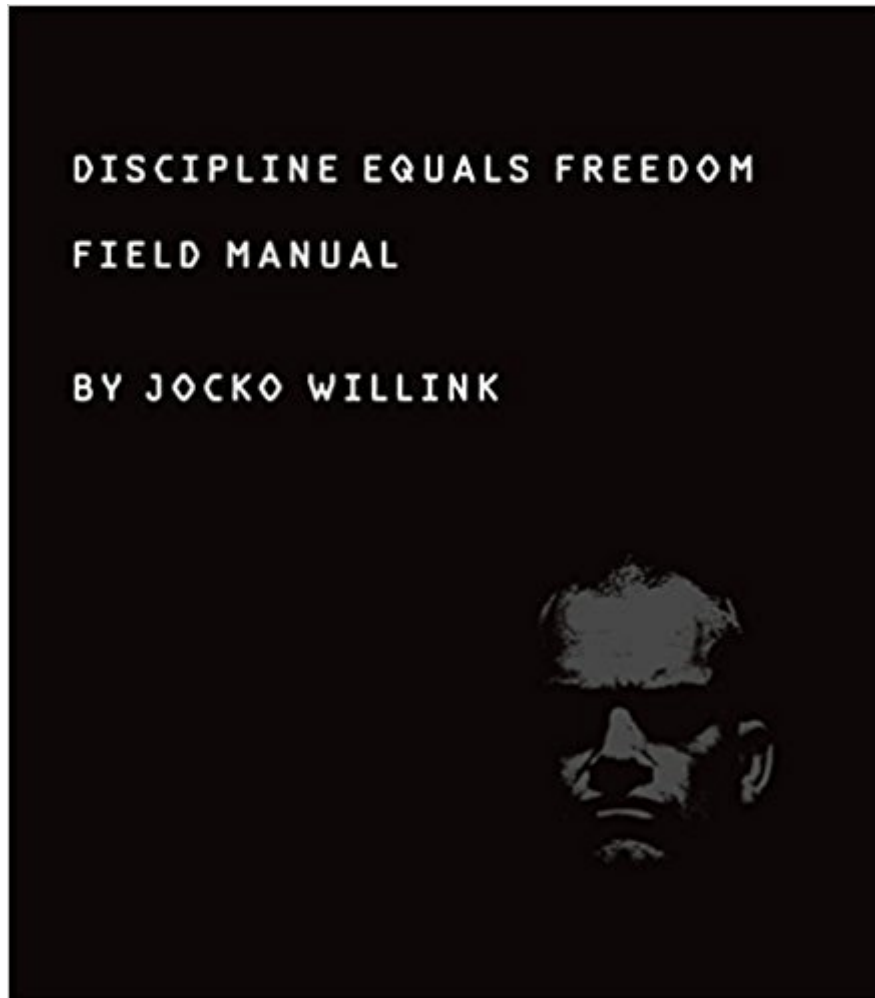




Ebook Directory
the best source of ebook

The book was found

Discipline Equals Freedom: Field Manual



Synopsis

FIND YOUR WILL, FIND YOUR DISCIPLINE--AND YOU WILL FIND YOUR FREEDOM Jocko Willink's methods for success were born in the SEAL Teams, where he spent most of his adult life, enlisting after high school and rising through the ranks to become the commander of the most highly decorated special operations unit of the war in Iraq. In *Discipline Equals Freedom*, the #1 New York Times bestselling coauthor of *Extreme Ownership* describes how he lives that mantra: the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life. Many books offer advice on how to overcome obstacles and reach your goals—but that advice often misses the most critical ingredient: discipline. Without discipline, there will be no real progress. *Discipline Equals Freedom* covers it all, including strategies and tactics for conquering weakness, procrastination, and fear, and specific physical training presented in workouts for beginner, intermediate, and advanced athletes, and even the best sleep habits and food intake recommended to optimize performance. Within these pages discover the keys to becoming stronger, smarter, faster, and healthier. There is only one way to achieve true freedom: The Way of Discipline. Read this book and find The Way.

Book Information

Hardcover: 208 pages

Publisher: St. Martin's Press (October 17, 2017)

Language: English

ISBN-10: 1250156947

ISBN-13: 978-1250156945

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #104 in Books (See Top 100 in Books) #7 in Books > Business & Money > Management & Leadership > Leadership #8 in Books > Business & Money > Personal Finance #12 in Books > Self-Help > Success

Customer Reviews

JOCKO WILLINK was a Navy SEAL for 20 years, rising through the ranks to become the commander of Task Unit Bruiser—the most decorated Special Operations Unit of the Iraq War. After retiring, Jocko continued on the disciplined path of success, co-founding Echelon Front, a multi-million dollar leadership and management consulting company, writing the #1 New York Times

bestseller Extreme Ownership, the children's book Way of the Warrior Kid, and creating one of the top-ranking podcasts, JOCKO PODCAST.

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

Discipline Equals Freedom: Field Manual 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) Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) To Lead As Equals: Rural Protest and Political Consciousness in Chinandega, Nicaragua, 1912-1979 One Plus One Equals Trouble (Love that Counts Book 1) Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills Self-Discipline: Spartan Discipline for the Modern Man Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals Self-Discipline for Entrepreneurs: How to Develop and Maintain Self-Discipline as an Entrepreneur Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems (Positive Discipline Library) Positive Discipline for Preschoolers: For Their Early Years--Raising Children Who are Responsible, Respectful, and Resourceful (Positive Discipline Library) Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline) Army Field Manual FM 22-100 (The U.S. Army Leadership Field Manual) Democratic Religion: Freedom, Authority, and Church Discipline in the Baptist South, 1785-1900 (Religion in America) Yoga: Discipline of Freedom. The Yoga Sutra Attributed to Patanjali Field Guide to Binoculars and Scopes (SPIE Field Guide Vol. FG19) (Apie Field Guides) A Field Guide to Western Reptiles and Amphibians: Field marks of all species in western North America, including Baja California (Peterson Field Guides(R)) Fiber Optic Installer's Field Manual (First-Choice Field Manuals) Tracker's Field Guide: A Comprehensive Manual For Animal Tracking (Falcon Guides: Field Guides) Field Manual of Wildlife Diseases - General Field Procedures and Diseases of Birds (Information and Technology Report)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)