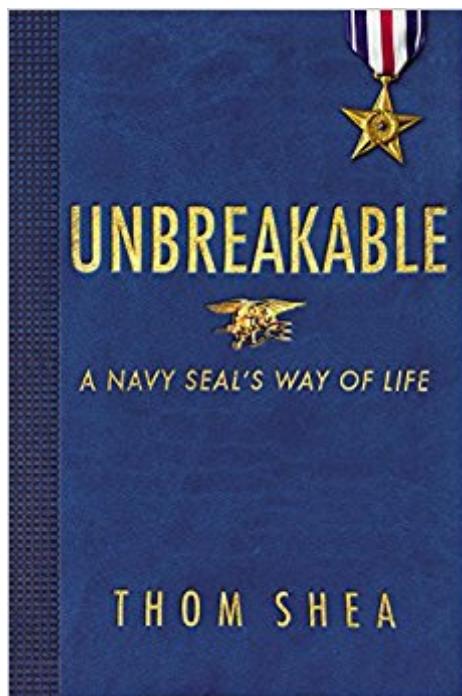


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Unbreakable: A Navy SEAL's Way Of Life



Synopsis

A highly decorated Navy SEAL shares stories of his years of combat experience in Afghanistan, providing leadership insights that will shift your view of yourself and provoke life-altering change. Before leaving for combat in Afghanistan, Navy SEAL Thom Shea promised his wife that he would write to his children in case he didn't make it back. What was initially intended to be a private memoir for his family turned into a powerful set of lessons for anyone striving to perform beyond what they believe possible. Shea's stories, while action-packed and entertaining, provide incredible insights on leadership, family, and excellence. In **UNBREAKABLE**, Shea teaches readers how to achieve and maintain a strong internal dialogue through no matter what the task. Read this book, and transform your life.

Book Information

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Customer Reviews

"Thom Shea's *Unbreakable* is an action-packed memoir intertwined with a powerful and unique set of lessons on how to lead a more productive life. As a highly decorated Navy SEAL, Shea has viewed life through an optic filled with the harsh realities and brutalities of war, hardship, pain, and death. Over the course of his career with the SEAL teams, he has developed what he calls an internal dialogue. Shea's brilliant writing style provides a very clear description of how utilizing an internal dialogue will provide the reader with a means to greater goal accomplishment and a means to live life at a much higher level of productivity." —Don Mann, bestselling author of *Inside SEAL Team Six* "I'm a raving fan of *Unbreakable*. It not only is a powerful story of an amazing human being and his twenty-three years as a Navy SEAL, but it also provides a powerful

self-development tool. Let Thom Shea teach you about internal dialogue--what you say to yourself about who you are--and how managing that dialogue can increase your goal achievement and effectiveness in life."Ã¢â€¢ Ken Blanchard, coauthor of *The One Minute Manager* and *Leading at a Higher Level*

Thom Shea served 23 years with distinguished Valor as a Navy SEAL. During his military career he served in three wars, ultimately leading a team of Navy SEALs into Afghanistan in 2009 where he earned a Silver Star, Bronze Star with Valor, Army Commendation with Valor and his second Combat Action Medal. Shea is also the CEO of Adamantine Alliance, a leadership and human performance coaching organization. He now resides in Greenville, South Carolina, with his wife Stacy and three children.

I should start off by saying what this book isn't....It's not slick. It's not like Marcus Luttrell's *Lone Survivor*. It's not Chris Kyle's *American Sniper*. And it's not definitely not Richard Marcinko's *Rogue Warrior*. Each of those was penned in part by others. (Patrick Robinson, Jim DeFelice and John Weisman respectively.) And yes, they are all fine books. No, Thom Shea's *Unbreakable* was clearly written by the man himself. It's a personal memoir, a "letter" to his children in case he didn't return home from battling America's enemies. It must have been incredibly difficult to write. What does a father want to convey to his son about being a man? What does he want to tell his daughter about being a woman, wife and mother? How does he convey why his sacrificing his life with them was not just a selfish act, but one of love for his family, friends and Nation? When reading, you can get the sense that the book was compiled from Thom's writing on bits of paper while riding in the back of a cargo plane or email's back home ,from a dusty base in some godforsaken land. It's why I started by saying the book isn't slick. (It's also why it got four stars from me, and not five - it could have had tighter editing.) But what it is is honest. In an age where warriors are no longer glorified, but looked down upon by the politically correct, this book will be hard for them to read. The truth is, after all, a bitter pill to swallow. And the truth is, we need hard men - warriors - to do bad things to bad people. To read *Unbreakable* is to get to know who Thom Shea is. A warrior.

I heard about this book through an obstacle course podcast I was listening to and decided to give it a read. After reading it through, I would say that the first half was a great insight on how a SEAL thinks and how that can be brought to civilian life. Mastering your internal dialogue is the key message here. After Shea gets this point across, the book turns flat. He begins to repeat himself

over and over the same message. It absolutely got through to me but by the time I got to the end I wasn't thrilled. I'd recommend this book to someone who's looking to improve their life and productivity on a mental stand point. Don't expect to read this book and feel motivated or a magically feeling of positivity. Shea keeps real life involved and forces the reader to look deep into their life and ask themselves "are you ready to master your internal dialogue?"

This book is the most simple, yet superb guide to life. The way it's written speaks to the mind of someone who is actively bettering themselves. The lessons taught are so profound, yet delivered in such a humble and solid way, they make you question how you couldn't see the solutions before. If you truly follow the teachings, you will see improvement in yourself. No games, no gimmicks.

Great Book! The willingness of the Author to share his story, his failures and successes is truly uplifting. It is amazing how we really do not think about the importance of internal dialogue in our life. Often times our own self talk leads to our failure in life, especially if we have developed negative self talk. The idea of failing and not being defeated and still having positive self talk is what sets successful people apart from those who do succeed. Thanks Mr. Shea.

So far I am about 3/4 the way finished. Hard to get excited about it. Very bland. Sort of a normal perspective of an operators life. It's not always bombs and bullets!

This was an ok read. The inappropriate language along with much bravado made this book somewhat difficult. The take away from this book is "speak positive to yourself through difficult situations". Not to take away from the authors distinguished service, I am extremely grateful to him. I would suggest someone in their early twenties looking for motivation via stories to read this book. Beyond that age group the content would seem mostly bravado.

As a mother, a business woman, and a leader of my team, I was extremely moved by this book and could feel the integrity of Thom Shea and his wife, Stacy, permeating the pages. With thoughtful insights, real experiences, and amazing reflections, the lessons within this book were already invaluable. This read has simply made me a better, more enlightened version of me. Thank you, Thom and Stacy, for the many blessings within these pages. I rarely am disappointed when a book ends, but I was very disappointed when the last page arrived.

Being a 30 year retired Air Force veteran I had the privilege to know a few special forces servicemen and I knew they were involved in the most dangerous assignments above and beyond all of the rest of us. We owe these special service members a lot for their sacrifices and commitment to getting the job done no matter where it takes them or what the mission is they always complete their tasks with precise precision. God bless all of the special forces troops no matter which branch of service they represent they are all true Americans at the finest level! CMSgt. Michael B. Maher, USAF Retired

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