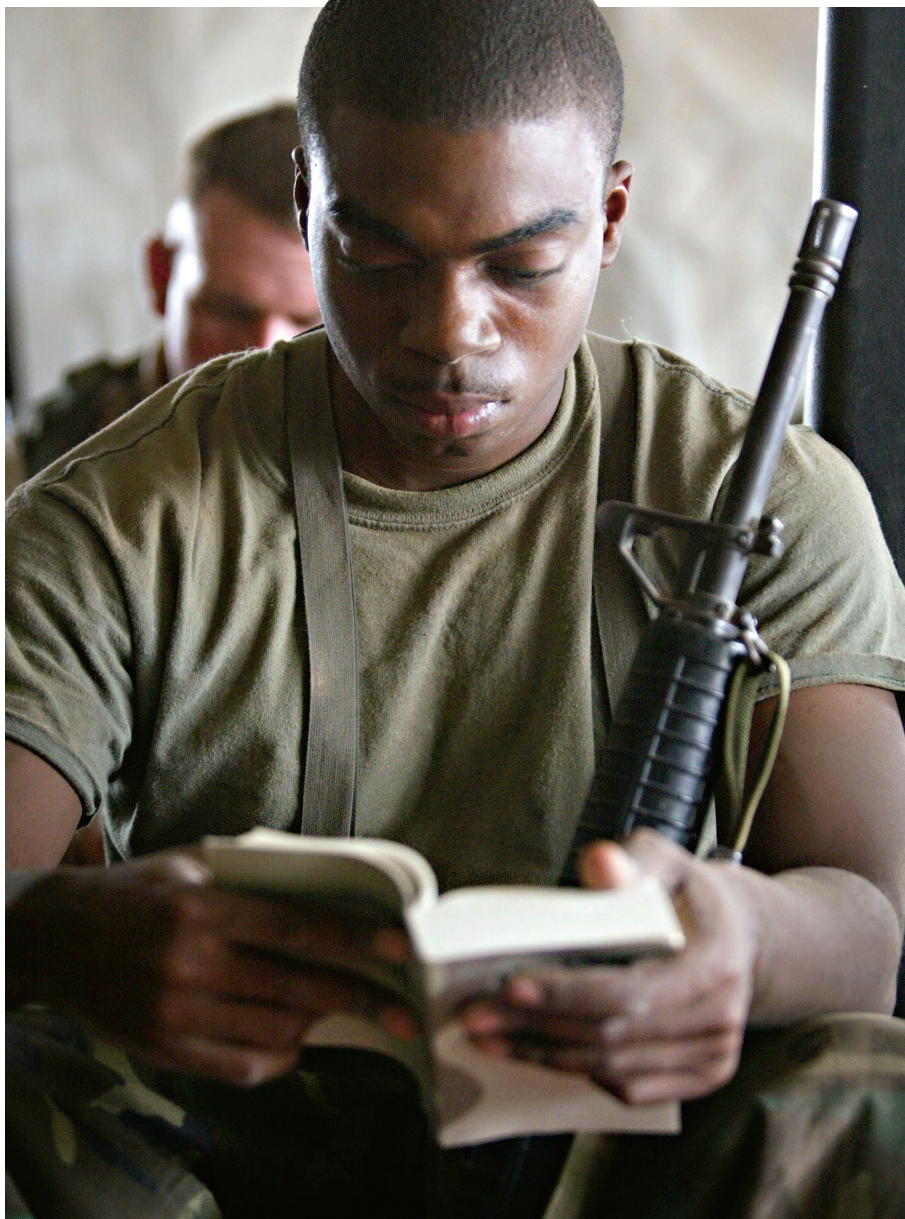


HIT THE BOOKS, SOLDIER!

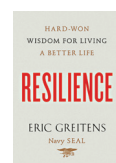
Military leaders are writing books on how to be the best, the brightest, and the most badass, meaning there's no shortage of reading material that can educate you without putting you to sleep.

By Jennifer Peters



Being in the military can teach you many things—and we're not just talking about how to take on insurgents.

Lucky for you, some of the best and brightest the American military has to offer have penned some great books about the lessons they've learned while serving. Now, you can pick up the same information from the comfort of your recliner. To help make your learning experience even easier, we've created a handy cheat sheet of a few of our favorites—and their most pertinent lessons—to get you started. These seven authors have compiled lifetimes of knowledge about how to succeed into easy, enthralling reads.



Resilience **Eric Greitens**

Author's street cred:

Not only is Greitens a Navy SEAL, a recipient of the Purple Heart and the Bronze Star, and a one-time U.S. Navy Reserve Officer of the Year, but he's also a former White House Fellow and a Rhodes scholar who got his PhD from Oxford.

What you'll learn: The book, which is based on letters Greitens wrote to a fellow SEAL who needed help, explains how to get through the muck and create a better life for yourself.

Key advice: "To work through pain is not to make it disappear, but to make it mean something different for us—to turn it into wisdom.... Some pain is good and necessary. A lot of people in the modern world tend to misunderstand this: They believe that the ideal life is the painless life."

PHOTOGRAPH BY CHRIS HONDROS/GETTY IMAGES



A Higher Standard General Ann Dunwoody

Author's street cred:

Dunwoody is the first—and so far only—female four-star general in the U.S. Army. You know who else was a four-star general? George S. Patton. Case closed.

What you'll learn: Dunwoody, who was Commanding General of Materiel Command (read: she was in charge of the Army's \$60 billion operation and 69,000 employees), explains how you can be a better leader.

Key advice: "Be true to yourself. Even though I was joining a man's Army, [Dunwoody's mentor, Vietnam veteran] Sergeant [First Class Wendell] Bowen made it clear that women could be themselves as they integrated into military life. We did not have to act like a macho man to be successful.... We did not have to curse, pound a dozen Pabst Blue Ribbons, or spit tobacco to show we belonged. We just had to be professional and meet or exceed the standard."



Among Heroes Brandon Webb (with John David Mann)

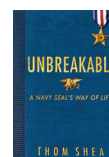
Author's street cred:

Webb is a former Navy SEAL and course manager for the elite SEAL Sniper Course. He's also the founder and editor-in-chief of SOFREP.com, a news site focused on military and security issues.

What you'll learn: It's not strictly instructional, but if these profiles of heroic post-9/11 service members don't make you want to be a better man, we don't know what will.

Key advice: "I was already fiercely dedicated to excellence, always had been. By natural inclination I have a very low tolerance for bullshit, laziness, or mediocrity.... But just being around Matt [Axelson] and watching the way he held himself to the highest standard possible was pushing me to hold *myself* to an even higher standard. As much as our students looked up to us and took us as role models ... it worked the other way, too."

things.... If you quit every time you feel pain, you'll never succeed at anything."



Unbreakable* Thom Shea

Author's street cred:

During his 23-year career, Shea led a team of SEALs into Afghanistan, earned the Silver Star and the Bronze Star, and was the SEALs' principal leader of research and development.

What you'll learn: How to suck it up, get through the pain, and overcome obstacles—and Shea will make you *want* to overcome obstacles.

Key advice: "The *need* to be *needed* by a woman is paramount for the development of a man ... any man, really. Also, the *need* to be *needed* works between men in combat. We need each other, not just for combat, but also for the connection to each other. Embracing this understanding does not make a man soft. This is actually what sets successful men apart from failures. History is rife with accounts of successful men having



Greiten



Dunwoody



Divine



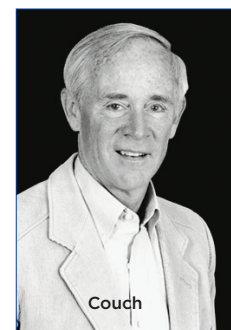
Webb



Roy



Shea



Couch



The Way of the SEAL Mark Divine (with Allyson Edelhertz Machate)

Author's street cred:

Navy SEAL commander Divine served for 20 years and now runs SEALFIT, a high-intensity fitness program based on SEAL training techniques.

What you'll learn: Divine's best-selling book explains how you can think like a Navy SEAL to achieve more. If you've ever slacked off in your life, this book will straighten you out fast.

Key advice: "Certainty is a powerful energetic force essential for breaking inertia and developing momentum. The seed of certainty is found in commitment.... You can't partly commit or potentially commit. When you deliver a powerful 'Yes, I've got this!' you inject a positive intent and energy into a project that is palpable."



The Navy SEAL Art of War Rob Roy

Author's street cred:

After serving 20 years as a Navy SEAL, including time on the legendary SEAL Team Six, Roy started SOT-G, a leadership course that uses combat training to teach executives how to kick ass.

What you'll learn: Roy uses his SEAL training and military-themed subjects to help you learn how to perform better under pressure.

Key advice: "The bottom line is this: If you're hurting or sore and you pull yourself out of the fight—whether it's physical or mental, a battlefield or a boardroom—you're making yourself a quitter. If you're truly *injured* and you have to leave the arena, you're someone who went down fighting."

"Remember, being injured and being hurt are two distinctly different

a strong woman; it's equally rife with failures having no woman to *need*."



The Warrior Elite Dick Couch

Author's street cred:

This graduate of the U.S. Naval Academy and SEAL led one of the only successful POW rescue operations in the Vietnam War before joining the CIA. We can't think of anyone more qualified to show you how it's done.

What you'll learn: Couch's book follows SEAL Class 228 through training. Once you see what it takes to make a SEAL, you shouldn't have any problem sucking it up in your daily life.

Key advice: From Rear Admiral Eric Olson's guidelines for a SEAL officer: "Realize that what you do and what you tolerate in your presence demonstrate your standards far more than what you say." ^{OT-14}

*The new edition of *Unbreakable* will be available in late October.