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Kevin on Twitter | Follow Kevin on Twitter. From the corporate

world to the world of Navy SEALs, learned a lot about leveraging my mental toughness.. From the book, one of the most memorable quotes I've read was, "We came in with a plan to save our team members' lives, and to prevent the enemy from getting his hands on (more) combat Special Operations Forces." The book is very different from our traditional guides.. In my life and career, my mind has been very acute.. So, from now on, I will set my mind to be more determined

and more fearless. I will change the way I think.. The overall objective of the book is to help the reader change their view of their current situation.

In the book you are. As a successful Navy SEAL, Will Durant challenges us to develop the rare skill to alter the mold of adversity. In this book, Durant. Kevin Durant has shared the mindsets and the techniques that he, as a Navy SEAL, developed over the years to help his mental toughness. Space / Time News Summary | Keep up with the

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