

## Staring Down the Wolf By 4books.live

A leadership book by former Navy SEAL and New York Times bestselling author Mark Divine *Staring Down the Wolf* focuses on harnessing the principles of purpose and discipline in life to achieve success. Using principles he learned on the battlefield training SEALs and in his own entrepreneurial and growth company ventures Mark knows what it is to lead elite teams and how easily the team can fail by breaching these commitments. Developing the principles yourself and aligning your team around these commitments will allow you to thrive in VUCA (volatility uncertainty complexity ambiguity) environments no matter your background or leadership experience. Drawing from his twenty years leading SEALs and twenty five years of success and failure in entrepreneurship and ten years coaching corporate clients Mark Divine shares a very unique perspective that will allow you to unlock the tremendous power of your team. " -Mike Magaraci retired Force Master Chief of Naval Special Warfare "From his time as a Commander in the SEAL Teams to building several successful multimillion dollar businesses Mark Divine is an authority on building elite teams and leaders capable of tapping their fullest potential. " -David Goggins Retired Navy SEAL author of New York Times Bestseller *Can't Hurt Me* To grow to your fullest capacity in your life and as a leader we need to challenge ourselves. As a Christian I do not and will not practice meditation and visualization of the types practiced by Buddhists Hindus new ages self help gurus and every other Tom Dick and Harry these days. I was still able to get good insights from this book but be aware that just like 90% of everything else getting published these days you will have Eastern religious practices shoved down your throat in this book. I follow Mark because his "Unbeatable Mind" system is being used right now by the Navy SEALs Olympic athletes professional sports teams Fortune 500 companies and regular people like me who want the best tools in the world for achieving their goals. *Staring Down The Wolf* gives you the essential tools to get other people to follow you and help you achieve your biggest goals in business and life! English I believe silence is part of valor. To begin a brewery business in Coronado California a Navy stronghold he authors the concept has his parents part with a chunk of their money from the family fortune to provide major funding and he does all the preparation. So having lost control the venture somehow lost which the author explains as enabling others which ultimately has him losing a large portion of his investment likely also that of his parents. Second is a tale of "letting off steam" like situation where after a mission a group goes on a bender in a conflict with locals escalates into an ugly incident and costs the author in the eyes of his revered superior McRaven. But to put that aside and the confusing and contrived constructs of the Plateau analysis which I see as another marketing gimmick I press on to find that the elements of leadership and team cohesion are good for review but hardly original from the author, What does it take to command a team of elite individuals? It requires a commitment to seven key principles: Courage Trust Respect Growth Excellence Resiliency and Alignment, All of these are present in an elite team which commits to them deeply in order to forge the character worthy of uncommon success, Retired Navy SEAL Commander entrepreneur and New York Times bestselling author Mark Divine (founder of SEALFIT NavySeal.com and Unbeatable Mind) reveals what makes the culture of an elite team and how to get your own team to commit to serve at an elite level: Elite teams challenge themselves to step up everyday to do the uncommon, "Mark Divine has a gift for creating highly effective dynamic teams: Mark interleaves key aspects of leadership mental toughness resiliency and cultivating higher plains of existence into a foundational concept of being an authentic 'Leader of leaders,' This book is indispensable for anyone looking to lead build and foster an elite culture, There's no one I know who's challenged himself than Mark Divine, He's the perfect visionary to help get you out of your comfort zone and shattering the status quo: " -Joe De Sena Founder and CEO of Spartan *Staring Down the Wolf* Mark is from upstate New York and did his formal undergraduate education at Colgate University. His years at Colgate University were focused on athletic endeavors such as competitive swimming rowing and triathlon racing interrupted by brief episodes of academic activity: After graduation from "the Gate" Mark started his professional career as a CPA with

Coopers & Lybrand in New York City, Clients included luminous and no longer existent financial firms such as Solomon Brothers and Paine Webber. I've read my share of leadership books as well as books by Navy Seals (and some in the area of the venn diagram where they overlap). This book overall has good lessons is founded on very solid (if non groundbreaking) principles and is well organized. I got some good tidbits in just about every chapter particularly on the chapters that cover the 7 specific commitments (principles concepts behaviors etc, While nothing here should shock anyone who has ever read a business leadership or self help book it's always good to reflect on the basics: I also appreciated the author's transparency sincerity and honesty, He's not some superman he shares his failures in a refreshingly vulnerable way but always to illustrate a key point: That said I found a good bit of bathwater that needed to be filtered out. The psychological / philosophical framework the author subscribes to definitely does not jive with my worldview. To his credit he presents this material upfront and does refer back to it but doesn't actually make any effort to support it (not really the point of this book anyway): I would say the major failing of this philosophy as with many is to assume that humans as essentially good rather than essentially fallen sinful creatures in need of Savior, This misconception will generally lead to lots of flawed thinking. Also the author is a Zen Buddhist who strongly promotes meditation visualization and other Eastern religious practices, At the same time he disparages traditional religious beliefs in a few spots albeit with a light hand: Overall if you go into this book with a discerning mind you should be able to get value out of it while critically recognizing what does or doesn't ring true. English An other awesome book from Mark Divine you have to read. English I've been following Mark Divine for the past 10 years. After graduating #1 from his Navy SEAL class he became a top Navy SEAL operator and commander leading elite SEAL teams on and off the battlefield for 20 years. Mark was such an amazing leader that the Navy hired him to create a nationwide coaching and leadership program for all Navy SEALs: Mark believes that ANYONE can become an elite leader with the 7 leadership tools that he gives you in Staring Down The Wolf. And you don't need to be an executive or CEO to use these tools: Mark reminds us that you can't create the life you want by being a "lone wolf": No matter what your goals are you'll need help from other people to realize your full potential in life: I also believe that most Seals believe in and practice silence, Seal mythology is everywhere like CIA sadly being trivialized in tv movie book and other cheap mass entertainment vehicles. That said the book has value in exploring leadership concepts always an elusive complex and controversial topic: The "wolf" is just a marketing gimmick substitute for the mind; the wolf will sell books than the chipmunk I can imagine, Early on the author cites two episodes which require self awareness than he exhibits as he rationalizes them: Her brother contributor of nothing wants to become an equal partner. A second brother in law wants the same and he gets the same: But alcohol abuse commonly accepted saps the ability of all not just elite operatives like the author. Sadly many having served bloat VA hospitals as incurable alcoholics. The author ignoresthat damage to mind and body as passed over. After those explanations it was hard to place much weight in the rest of the book, Military discipline and corporate solidarity have traditionally been possible only through a single mind set: Success on a mass scale historically has been made possible by doing as told unquestionably without the soul searching the author advocates, But the concepts shared when confined to a relatively small band of such capably trained skilledand committed achievers may make perfectly good if not universal sense, He is sharing ideas which are worthy of our attention and possible for some application, But the unspoken assumption that his lessons may apply to all of us Bozos on the Buss may be quite a stretch: He is speaking of elite people who became elite likely before meeting the author.).So there's a good baby in this book and lots to learn.The author does not.Then his wife plays an unexplained role.And that happens. Then the story becomes tragic.There is no real explanation as he tells it. He pays a price.He seems to think that is just what Guys as Guys do.I applaud the author for what he is.Lessons he presents may make a difference under fire.But most of us have seen no combat. English

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capable of tapping their fullest potential."  
—David Goggins, Navy SEAL (Ret.) and New York Times bestselling author

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COMMITMENTS  
THAT  
FORGE ELITE TEAMS

NEW YORK TIMES BESTSELLING AUTHOR

**MARK DIVINE**

U.S. NAVY SEAL (RET.) & FOUNDER OF SEALFIT