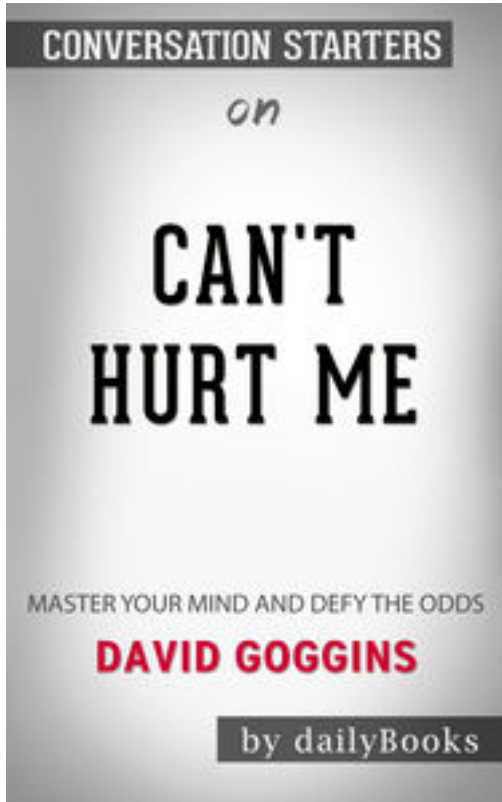


Leia Livro Online Can't Hurt Me: Master Your Mind And Defy The Odds By David Goggins: Conversation Starters Daily Books



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David Goggin's childhood was a nightmare and was thus destined for failure. Battling against the odds, he transformed himself into the person he wanted to be through self-discipline, hard work, and mental toughness. He went on to become one of the world's most outstanding endurance athletes, a Navy SEAL, and a U.S. Armed Forces icon. He is "The Fittest (Real) Man in America" according to Outside magazine. Most people achieve just 40 percent of their potential. To tap into the remaining 60 percent, mental discipline, fortitude, and sacrifice have to be used, he says.

Can't Hurt Me offers powerful lessons for people who want to set and achieve their goals, according to Men's Health Magazine.

A Brief Look Inside:

EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on.

Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on.

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