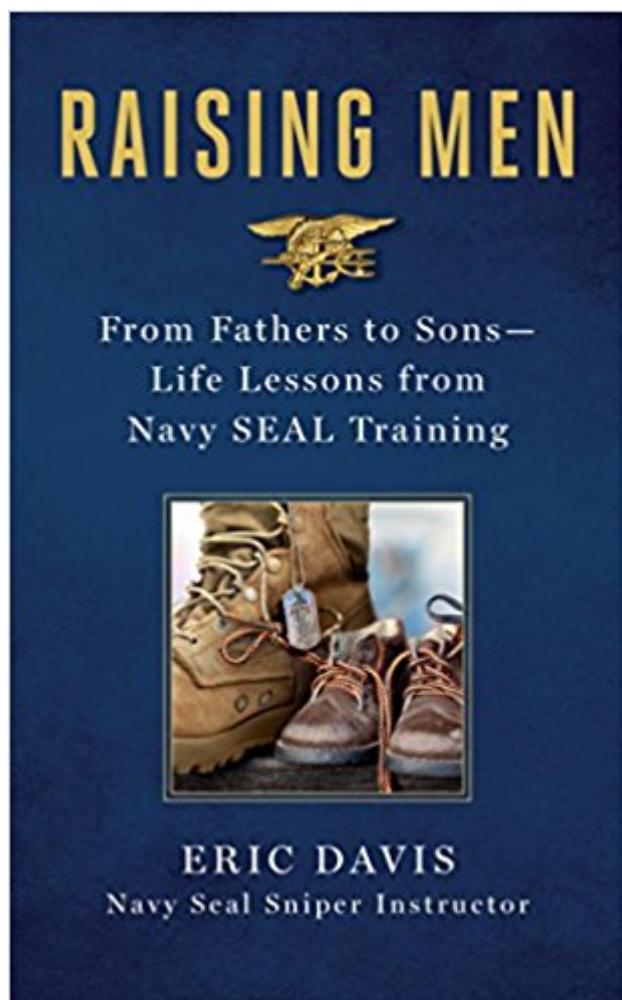


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# Raising Men: From Fathers To Sons: Life Lessons From Navy SEAL Training



## Synopsis

After Eric Davis spent over 16 years in the military, including a decade in the SEAL Teams, his family was more than used to his absence on deployments and secret missions that could obscure his whereabouts for months at a time. Without a father figure in his own life since the age of fifteen, Eric was desperate to maintain the bonds he'd fought so hard to forge when his children were young—particularly with his son, Jason, because he knew how difficult it was to face the challenge of becoming a man on one's own. Unfortunately, Eric learned the hard way that Quality Time doesn't always show up in Quantity Time. Facebook, television, phones, video games, school, jobs, friends—they all got in the way of a real, meaningful father-son relationship. It was time to take action. As a SEAL, Eric learned to innovate and push boundaries, allowing him to function at levels beyond what was expected, comfortable, ordinary, and even imaginable, and he knew that as a father he needed to do the same with his son. Meeting extreme with extreme was the only answer. In *Raising Men*, Eric and his SEAL brothers will use a unique blend of discipline, leadership, adventure, and grace to teach you how to connect, and reconnect, with your sons and learn how to raise real men—the Navy SEAL way.

## Book Information

Hardcover: 256 pages

Publisher: St. Martin's Griffin; Reprint edition (May 2, 2017)

Language: English

ISBN-10: 1250129907

ISBN-13: 978-1250129901

Product Dimensions: 5.7 x 0.3 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 114 customer reviews

Best Sellers Rank: #92,240 in Books (See Top 100 in Books) #17 in Books > Parenting & Relationships > Family Relationships > Military Families #85 in Books > Parenting & Relationships > Family Relationships > Fatherhood #94 in Books > Parenting & Relationships > Parenting > Parenting Boys

## Customer Reviews

ERIC DAVIS is a former U.S. Navy SEAL and decorated veteran of the War on Terror. Eric has been recognized as one of the premier sniper instructors in the U.S. military and has served as a Master Training Specialist at the SEAL sniper school. He is the founder and CEO of

averagefrog.com, which uses SEAL performance principles to help people live a good life. He is also a featured writer on sofrep.com, navyseals.com, and others. Eric lives in Orange County, CA with his wife and four children. DINA SANTORELLI has been a freelance writer for over 15 years and has written frequently about entertainment and pop culture topics. Voted one of the Best Long Island Authors for 2013, Dina has collaborated on a variety of book projects, including Good Girls Don't Get Fat, The Brown Betty Cookbook and Bully, the companion book to the acclaimed documentary. Dina currently serves as the Executive Editor of Salute and Family magazines.

I understand why Eric Davis wrote this for men about sons. This book is so much more than that, however. It's not only one of the best parenting books I've ever read, it's a book all educators, coaches, and civic club leaders must read. Even if you don't have kids, you'll love this personal journey filled with motivation, leadership training, and success tactics practiced by Eric and his fellow SEAL instructors. Not everyone will be able to do the SEAL stuff, but everyone can do this: spend more time building relationships with your kids, refuse to be or allow children around "dream killers," and instill confidence in your children or any child you encounter by believing in and demanding the best from them--and modeling the same. "Raising Men" made me want to push myself more, not just for my son, but for myself, too.

This is the best book for any father that serves in either law enforcement or the military. The way Eric relates tactical training to parenting is awe inspiring. This book will make you look deep inside and ask yourself the question, "Am I truly fulfilling the role of what a father should be to my children?" It will make you conduct a ruthless self evaluation, and it will change the way you view fatherhood.

Well written, the author mixes in anecdotes from being a SEAL and applies lessons learned to parenting. Some of it is just common sense but there are some true gems included as well.

What a great read for teachers, coaches, and parents of any age!

One of the best books I have read on being a better parent and a better person. My wife is reading it now too I enjoyed it so much. Eric knows his stuff and this book is one I will go back through time and time again.

The author has some great points of view on fatherhood that I'll be using. As with any fatherhood experience Im sure its not an absolute truth, but I do believe this is a great resource!

I can't believe how good this book is. It had made some powerful changes in how I approach raising my son. I am going to read it again and again until I can almost recite it!

Do not expect a how-to-guide. This book is meant to lay a foundation and provide principals. Use your own brain and creativity to expand off of Eric's book. Great for dads everywhere!

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