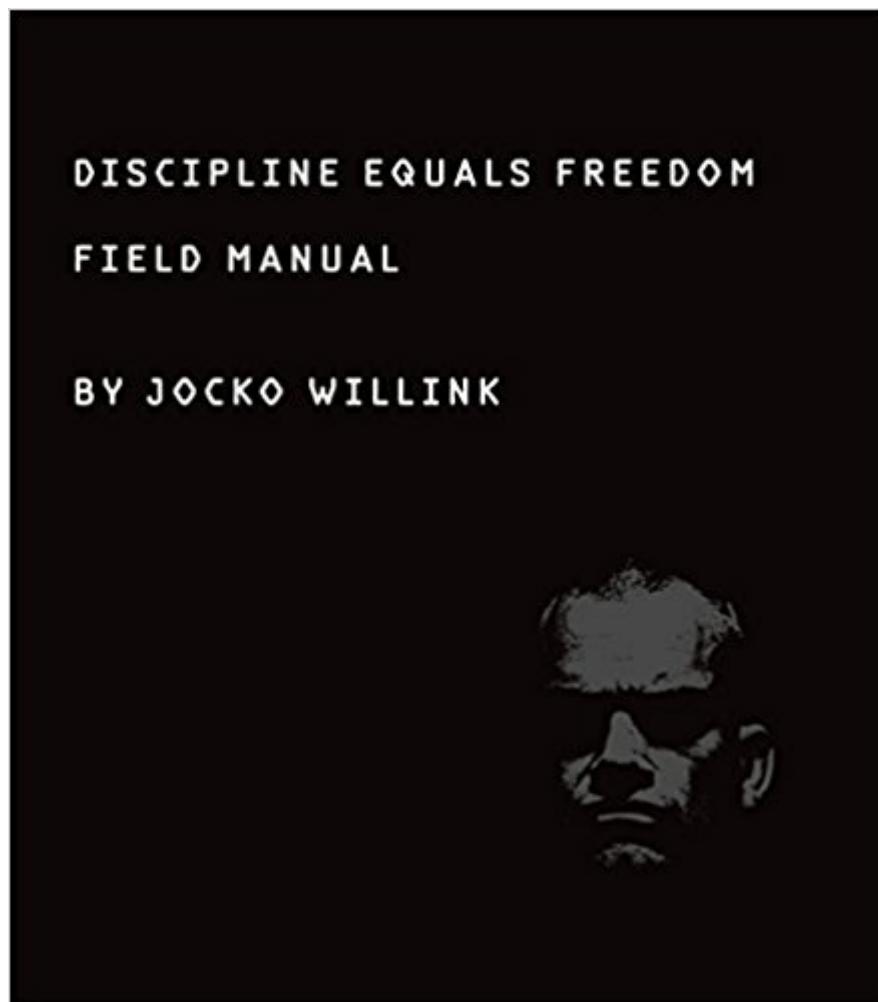


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# Discipline Equals Freedom: Field Manual



## Synopsis

FIND YOUR WILL, FIND YOUR DISCIPLINE--AND YOU WILL FIND YOUR FREEDOMJocko Willink's methods for success were born in the SEAL Teams, where he spent most of his adult life, enlisting after high school and rising through the ranks to become the commander of the most highly decorated special operations unit of the war in Iraq. In Discipline Equals Freedom, the #1 New York Times bestselling coauthor of Extreme Ownership describes how he lives that mantra: the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life. Many books offer advice on how to overcome obstacles and reach your goals— but that advice often misses the most critical ingredient: discipline. Without discipline, there will be no real progress. Discipline Equals Freedom covers it all, including strategies and tactics for conquering weakness, procrastination, and fear, and specific physical training presented in workouts for beginner, intermediate, and advanced athletes, and even the best sleep habits and food intake recommended to optimize performance. Within these pages discover the keys to becoming stronger, smarter, faster, and healthier. There is only one way to achieve true freedom: The Way of Discipline. Read this book and find The Way.

## Book Information

Hardcover: 208 pages

Publisher: St. Martin's Press (October 17, 2017)

Language: English

ISBN-10: 1250156947

ISBN-13: 978-1250156945

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

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JOCKO WILLINK was a Navy SEAL for 20 years, rising through the ranks to become the commander of Task Unit Bruiser—the most decorated Special Operations Unit of the Iraq War. After retiring, Jocko continued on the disciplined path of success, co-founding Echelon Front, a multi-million dollar leadership and management consulting company, writing the #1 New York Times

bestseller Extreme Ownership, the children's book Way of the Warrior Kid, and creating one of the top-ranking podcasts, JOCKO PODCAST.

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