

[PDF] The Warrior Elite: The Forging Of SEAL Class 228

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Description:

With a postscript describing SEAL efforts in Afghanistan, *The Warrior Elite* takes you into the toughest, longest, and most relentless military training in the world. What does it take to become a Navy SEAL? What makes talented, intelligent young men volunteer for physical punishment, cold water, and days without sleep? In *The Warrior Elite*, former Navy SEAL Dick Couch documents the process that transforms young men into warriors. SEAL training is the distillation of the human spirit, a tradition-bound ordeal that seeks to find men with character, courage, and the burning desire to win at all costs, men who would rather die than quit.

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