

Living with a SEAL: 31 Days Training with the Toughest Man on the Planet

By Jesse Itzler

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Entrepreneur Jesse Itzler chronicles his month of living and extreme fitness training with a Navy SEAL in the *New York Times* and #1 *LA Times* bestseller *LIVING WITH A SEAL*, now with two bonus chapters.

Entrepreneur Jesse Itzler will try almost anything. His life is about being bold and risky. So when Jesse felt himself drifting on autopilot, he hired a rather unconventional trainer to live with him for a month—an accomplished Navy SEAL widely considered to be "the toughest man on the planet"!

LIVING WITH A SEAL is like a buddy movie if it starred the Fresh Prince of Bel-Air...and Rambo. Jesse is about as easy-going as you can get. SEAL is...not. Jesse and SEAL's escapades soon produce a great friendship, and Jesse gains much more than muscle. At turns hilarious and inspiring, *LIVING WITH A SEAL* ultimately shows you the benefits of stepping out of your comfort zone.

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Editorial Review

Review

It's hilarious?*LeBron James*

This is 100% Jesse. Do it differently and you get different results. That's the way he has operated his entire life and it has worked beautifully.*Mike "Coach K" Krzyzewski, Duke Basketball head coach*

Jesse is a risk taker and is always trying different things to get better. Plus, he's fun to go out with.*Tom Brady, New England Patriots, four-time NFL Champion, two-time NFL MVP*

Most of us go through life on auto-pilot. New day...same routine. This guy beamed a "live action hero" into his living room for 31 days to shake up his life. Sometimes you have to have the guts to do something radical to get results.*Dolvett Quince, The Biggest Loser*

Jesse knows what it takes to succeed in business and in life - a Don't Quit attitude! Our US Military embraces that attitude in training and survival, no one more so than the elite Navy SEALs. When my pal invites SEAL into his world, Jesse's life is never the same again! The relationship between these guys is outrageous - it's like the Fresh Prince of Bel-Air meets Rambo! But with all the insanity there are strong life messages, hysterical moments, and great lessons to be learned. Like Jesse, this book is a HIT!*Jake Steinfeld, chairman and founder of Body by Jake*

George Foreman once gave me great advice. When I told him my husband ran 100 miles non-stop he said, 'Sara, don't try to understand a man like that. Just love him.'*Sara Blakely, Founder of SPANX, Jesse's wife*

"*Living With A Navy Seal* is funny and compelling with practical wisdom that leaves the reader feeling elevated and empowered. It also deeply impacted my own personal journey to health, fitness and well being."*Cory Booker, US Senator for New Jersey*

About the Author

Jesse Itzler eats only fruit 'til noon, loves Run-D.M.C., and enjoys living life "out of the box." He cofounded Marquis Jet, the worlds largest prepaid private jet prepaid flight card company which he and his partner sold to Berkshire Hathaway/NetJets. Jesse then helped pioneer the coconut water craze with Zico coconut water, which was acquired by The Coca-Cola Company. He is a former rapper on MTV and he produced both the NBA's Emmy Award-winning "I Love This Game" music campaign and the popular New York Knicks anthem "Go NY Go." When he is not running ultra marathons, eating vegan food or being a dad to his three kids, Jesse can be found at the NBA's Atlanta Hawks games, where he is an owner of the team. He is married to Spanx founder Sara Blakely.

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Eduardo Baro:

Book is usually written, printed, or descriptive for everything. You can learn everything you want by a guide. Book has a different type. As you may know that book is important factor to bring us around the world. Next to that you can your reading skill was fluently. A publication Living with a SEAL: 31 Days Training with the Toughest Man on the Planet will make you to possibly be smarter. You can feel more confidence if you can know about everything. But some of you think in which open or reading the book make you bored. It is far from make you fun. Why they are often thought like that? Have you trying to find best book or appropriate book with you?

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Raymond Llamas:

A lot of people always spent their own free time to vacation or maybe go to the outside with them family members or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity this is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the whole day to reading a reserve. The book Living with a SEAL: 31 Days Training with the Toughest Man on the Planet it is quite good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too expensive but this book provides high quality.

Lewis Shafer:

Precisely why? Because this Living with a SEAL: 31 Days Training with the Toughest Man on the Planet is an unordinary book that the inside of the guide waiting for you to snap this but latter it will distress you with the secret the item inside. Reading this book close to it was fantastic author who all write the book in such incredible way makes the content on the inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your skill and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the reserve store hurriedly.

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