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8 Weeks to SEALFIT by Mark DivineBegin Reading Table of Contents About the Author Copyright Page Thank you for buying this St. Martin's Press ebook. To receive special offers, bonus content, and info on new releases and other great reads, sign up for our newsletters. Or visit us online at us.macmillan.com/newslettersignup For email updates on the author, click here. The author and publisher have provided this e-book to you for your personal use only. You may not make this e-book publicly available in any way. Copyright infringement is against the law. If you believe the copy of this e-book you are reading infringes on the author's copyright, please notify the publisher at: us.macmillanusa.com/piracy. ACKNOWLEDGMENTS NOTHING WORTHY IS ACCOMPLISHED ALONE. My philosophy for life and physical fitness has been forged through nearly 25 years of training, trial, and error. I've been influenced by many mentors over the years, many of whom have little idea of the impact they've had on me. I'm heavily indebted to Mr. Kaicho Tadashi Nakamura. He was my teacher for Seido Karate's traditional martial art during the late 1980s, when I earned my first black belt. Kaicho taught me many of the mental toughness principles that helped me sail through BUD/S and that are included in SEALFIT. My yoga mentor, Tim Miller, is another gem. I train in Ashtanga Yoga with Tim in my hometown of Encinitas, California. Tim is the first American yoga instructor certified by Sri K. Pattabhi Jois, the founder of modern Ashtanga Yoga. The roots of Ashtanga Yoga are over 4,000 years old and considered a fast track for the eight limbs of yoga for athletes and warriors. Tim's trainings are often 2 hours in length. They include a breath control pranayama session that spans 50 minutes, which often leaves me gasping. Tim teaches me humility, the value of practicing daily, and the importance of teaching weekly. 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I like also thank Brandon Webb of SOFREP's the author of The Red Circle's who helped me get a book deal in two weeks with a very rough manuscript. I'm grateful to my SEALFIT staff, especially Rich Vernetti, Cindy Chapman, Catherine Chapman, Melanie Slwka, John Wornham, Geoff Haskell, Richard Thompson, and my writing coach, Peter Nevland, of the Wizard Academy. Without Peter this would be a very different book. I'm grateful beyond words for all my teammates who have sacrificed for this country's especially my friend and SEALFIT coach Glen Doherty. I'm eternally grateful to my mom, who introduced me to the world of sports, and to my dad, who taught me the value of hard work and doing things right. And to my wife, Sandy, who has supported my crazy adventures with a smile (most of the time) and always with grace. Also my son, Devon, who keeps me laughing and honest. Hooyah, Team! FOREWORD MY NAME IS JOE STUMPF. In the world of business, I own one of the largest business and life coaching companies in the country. I am privileged to work with some of the most successful entrepreneurs and businesspeople every day. I have invested hundreds of hours and tens of thousands of dollars on personal development and spiritual awareness coaching programs and workshops throughout the last 20 years. One of my most significant accomplishments up to this point in my life is, at age 54, I completed the civilian version of the Navy SEAL Hell Weeke's Mark Divine's Kokoro Camp. Because of my unique point of view and exposure to the world's best coaches plus training daily at Mark's SEALFIT/US Crossfit center in Encinitas I'm the perfect person to share with you what an extraordinary opportunity you have in your hands right now with the book 8 Weeks to SEALFIT. I met Mark at a pivotal turning point of my life. Having achieved business success and enjoying great relationships with family and friends, I was reexamining my bigger in life for the next 50 years, and I wanted to finish strong. I had seen far too many men, including my father, finish life getting weaker emotionally, mentally, spiritually, and physically, and I knew that if I didn't make it my primary purpose to get stronger as I grew older, I could easily slip down that path, too. In my business coaching program, we guide people in business through the four phases of growth. Survival to Stability, Stability to Success, and Success to Significance. In my experience, I have witnessed thousands of men and women go through these stages, and yet the stage from Success to Significance seems to be reserved for only the few that dare to fully reinvent themselves after they have achieved worldly success. Making money and accumulating power and prestige is a matter of drive, determination, smart strategic direction, and being at the right place at the right time taking advantage of the opportunities as they present themselves. The more elusive stage of growth is Significance, because it seems to invite us into a way of being that requires a completely different awareness. When we get to that place and are ready to make the shift, we discover what got us here won't get us there. This is the place I found myself in early 2010. I was having a conversation with Mark and I asked him if he thought I had what it took to get through Kokoro. He said, Joe, only you would know! I asked him what would be the biggest benefit I would receive if I choose to do what was necessary to achieve that goal. He said, Joe, within you is a voice that is yet to be born; it is the voice of your most authentic self. You can continue through life constantly upgrading what you have already mastered or you can give rise to a version of yourself that is the most powerful loving self. To do that you must choose to follow the path of the warrior's path few men dare to travel. But when you do, you will meet for the first time. The right words of the right person at the right time can change their destiny. Mark's words spoke to my soul, and that voice inside—the only one you could hear if you were willing to. I started training with Mark and his SEALFIT team every Monday, Wednesday and Friday. (You can check your exercises on the SEALFIT's website, www.sealfit.com.) Exercises are rough and long, and they require strength, resistance and resistance. But above all, they require a commitment to the whole heart. Mark watched me when my body was destroyed, but my mind and my spirit hardened. He said, Joe, no matter what. As soon as you get here, everything will work. In AA, they say bring the body and the mind will follow. I trusted Mark and I showed up almost a year ago and he was right. I was now in the best physical and mental condition of my life. I enrolled in your 3-week gym and moved to SEALFIT facility with four other boys half my age. We train in the Five Mountains of SEALFIT 10 hours a day, 7 days a week, with him and his team of extraordinary leaders. During this time, I discovered the little I really needed in the material world. The essence of life was found in teamwork, discipline and love for my companion. I learned what it meant to leave the ego and appear every minute totally present. I was there and he prepared me totally to find out if I had the secret sauce - the ingredient that is in all of us we chose to live a life of meaning. I did this through the 50-hour Kokoro Camp, and Mark introduced me with the Fire at the Gut Award for my courage to overcome unsurpassable obstacles. I credit this achievement to its brilliant orientation. With the book, 8 weeks to SEALFIT, you have in your hands the exact model I followed to lead my life towards sam sam ,adiv aus ed ÁÁAidnoc roblem an rartne iav ÁAcov euq oralC even more magical is available if you follow his teaching completely. You may discover that voice within that wants to finish strong, wants to express its most authentic part of you, and to make a contribution to the world. What I want for you is the experience of having Mark Divine mentor you, like Obi-Wan Kenobi mentored Luke Skywalker, so that you too can discover your true significance. ©ÁÁÁJOE STUMPF Author of Willing Warrior Cardiff-by-the-Sea, California SOF CANDIDATES: READ THIS ÁeÁÁÁÁ WHEN I ATTENDED KOKORO CAMP, SEALFIT's grueling 50-hour crucible experience in 2011, I was struck by how important mental preparation is to success. Prior to the camp, I had heard the oft-repeated phrase that crucible experiences are 80 percent mental and 20 percent physical. It isn't until sleep deprivation and exhaustion take hold, however, that a person truly understands the accuracy of that statement. The camp also made me realize how I, and many others in my class, were lacking from a physical standpoint. We had guys who could run all day but struggled under the weight of a rucksack, and others who were strong as an ox but lacked endurance. These imbalances grew more pronounced as the weekend progressed and fatigue set in. When I finished the camp and had an opportunity to reflect on my experience I realized that success in Kokoro, and in life for that matter, is largely dependent upon one thing: balance. SEALFIT is the epitome of balance. It involves making an honest assessment of yourself, determining your weaknesses, and committing yourself to personal improvement every day. Over time an individual who does this becomes balanced across all areas. Physically, they have strength and endurance, power and flexibility. Mentally, they have the ability to dial it up to 100 percent, but also are able to sit silently and calm their mind. Spiritually, they have the ability to tap into a higher power or motivation. In an age where people do not back up their words with action, the coach Divine lives the concepts of Sealfit he teaches. He is not only extremely performed from a fanic point of view, but also mental and spiritually strong. Never content to sit and watch the margin, the coach Divine leads head -on, showing the example that the needs of the team before the needs of an individual and no person is too important to do the little things. This device to train and suffer from the group motivates everyone to increase the game. In the last 12 months, I had the privilege of training under the coach Divine and I saw the effects that your Sealfit program can have at first. Operations prostial, former military stages, Leo/first respondent, and elite athletes become stronger and more mentally focused than they had thought earlier. Weekend warriors break the barriers and prove themselves the viability of

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