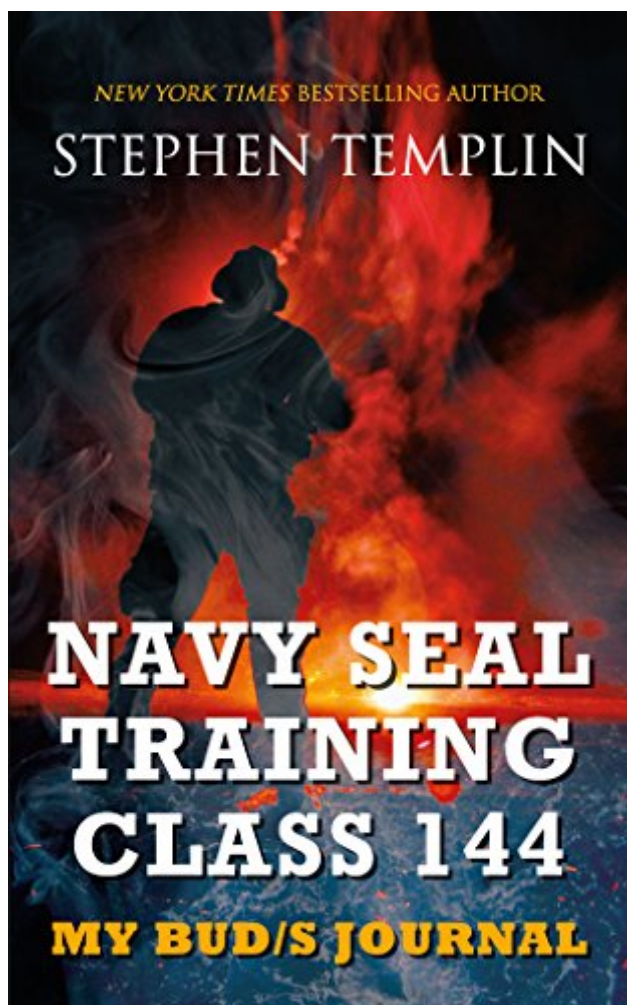




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# Navy SEAL Training Class 144: My BUD/S Journal



## Synopsis

The United States Navy's Basic Underwater Demolition/SEAL (BUD/S) training is some of the toughest military training in the world. In this behind-the-scenes account, readers join New York Times bestselling author Stephen Templin in his journey as a trainee in Class 144. Templin and his classmates endure Hell Week: five-and-a-half days of swimming, hallucinating, enduring frequent hypothermia, running more than two hundred miles, and doing over twenty hours per day of extreme physical training—having slept only four hours total for the week. After Hell Week, they face more challenges. These experiences, Steve's insights into some of the psychology needed to overcome seemingly impossible challenges, teamwork, and an unexpected conclusion, make this a memorable adventure. Praise for Stephen Templin and SEAL Training Class

144—“Reveals an intimate look at the rigorous training.”—Nick Carbone,

Time—“Great to relive, remember, cringe, and laugh over so many of those memories. Steve does an exceptional job of bringing key aspects of BUD/S training to life in an eloquent, realistic, humorous, and thought-provoking manner. Whether you serve a day of your life in a military uniform or not, the lessons he conveys from his time in SEAL training are valuable, life-learning insights for all.”—Mark Beder, BUD/S Class 144 Leader, SEAL Assault Team Leader/Lieutenant

Commander (Veteran) —“When I read SEAL Training Class 144, I thought I was doing it

again—oh, hell. It was like watching a movie—I remembered everything. I think

readers will be hooked and love it. Good job, Fire Team Templin!”—Josëf Duque, BUD/S Class 144 Honor Man, La Infanteria de Marina (Retired)

## Book Information

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## Customer Reviews

This is the perfect book for anyone considering applying for BUD/S. Templin tells the reader exactly what to expect and takes the reader along for the ride. I've read a lot of books in this genre and all of them fascinate me. This book is short but has amazing facts. The last part of the book serves as a tremendous reference guide for going about how to apply to BUD/S -- whether civilian or military. For those of us veterans, I know I have renewed respect for anyone completing this grueling process.

This is a 5-Star Review because I don't have the option to leave a 10-Star Review. This book was an amazing behind-the-scenes and raw look at what it takes for the elite men to earn the right to keep us safe. I have always had mad respect for our SEALs and other special forces, this book gives a literal day-by-day account of BUD/S, and it's not pretty. While not its intention, this book will inspire any reader to dig a little deeper and remember that most of the time, it really is mind over matter.

This book is pretty amazing. It offers a first hand experience, and the thoughts that are going through someone's head as they went through BUDS training. So I would recommend it to people that are about to go BUDS or interest in or wanting to become a Navy SEAL.

Several friends who went through the training, grueling and tough, some go through more than once, trying to make it.

Interesting story. Amazing how anyone can get through this training.

Well written and gives a first hand view of making an operator. Templin makes you a part of the action while feeling the emotional highs and lows. Great read!

I loved the down-to-earth way Templin shared his story. I have often wished that I had tried out for special forces when I was younger. I have the utmost respect for the men who have sacrificed so much to ensure our freedom.

My favorite thing about reading good books like this is the opportunity to spend time with men like Stephen Templin . When a biography is well written that is what it feels like. Mr Templin is worth spending time with.

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