



Unbreakable: A Navy SEAL's Way of Life

Thom Shea

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A highly decorated Navy SEAL shares stories of his years of combat experience in Afghanistan, providing leadership insights that will shift your view of yourself and provoke life-altering change.

Before leaving for combat in Afghanistan, Navy SEAL Thom Shea promised his wife that he would write to his children in case he didn't make it back. What was initially intended to be a private memoir for his family turned into a powerful set of lessons for anyone striving to perform beyond what they believe possible. Shea's stories, while action-packed and entertaining, provide incredible insights on leadership, family, and excellence.

In UNBREAKABLE, Shea teaches readers how to achieve and maintain a strong internal dialogue through no matter what the task. Read this book, and transform your life.

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