



# Breaking BUD/S: How Regular Guys Can Become Navy SEALs

By DH Xavier

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They didn't almost call it the SEAL Training Bible for no reason: this book contains over 400 pages of insight into Basic Underwater Demolition/SEAL (BUD/S) Training. Inside you'll find details and advice you can't find anywhere else. Navy SEAL DH Xavier wrote you the book he wishes he'd had. Now you can benefit from his experiences. Topics include mental toughness techniques, physical conditioning tips, step-by-step application guides, and detailed evolution walkthroughs completed with tactics, techniques, and procedures (TTPs) to ensure you have the best chance at completing training. He's done what he can; the rest is on you. Delivered in a clear, funny manner, the author's crass humor may offend sensitive readers - but for those who want to join the elite Navy SEALs, this book is the Bible.

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### **Editorial Review**

#### **About the Author**

DH Xavier is a Navy SEAL officer who believes an informed BUD/S student is more likely to complete training. Mark Owen is not the author.

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##### **Marcia Fullerton:**

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