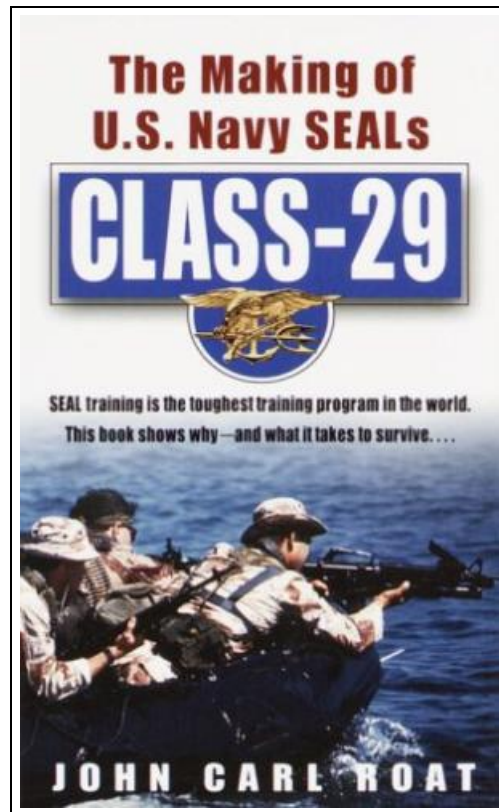


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(Modesta Stamm PhD)

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quot;Throughout training I kept having the thought, WELL, ALL THEY CAN DO IS KILL ME. It seemed to help.quot; SEALs are the world's toughest soldiers. Working in squads and platoons that make up SEAL teams, they are trained in everything from underwater demolition to high-altitude parachute drops. Now John Carl Roat, graduate of Class-29, one of the earliest SEAL training classes, has written the only book devoted to the training of that exclusive warrior force. With unflinching honesty, Roat describes the brutal six-month program that took young men well beyond the endurance limits even of gifted athletes and created warriors who could proudly take their places in the teams. It was a program so demanding that by the end of Hell Week, the third week of the course, the original class of one hundred and thirty-four physically fit young men had been sliced to sixty-two. After retelling his own class's experience, Roat visits today's SEAL program and reveals how the program has changed over the last thirty-five years to include more classroom training and better and more sophisticated equipment-- without at all lowering the physical demands. SEAL training is still the best, and the toughest, training in the world.



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