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Through Mark's teaching, entrepreneurial endeavors and travel to foreign countries, he noticed the power of mental toughness, emotional resilience, intuitive leadership and a healthy spirit for anyone wanting breakthrough performance. They weren't solely for combat or restricted to the business ...

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Mark Divine shares insights on Front Sight Focus and how to break down your vision into smaller, achievable goals on this week's Unbeatable Mind Podcast.

Most people think mental toughness when they imagine a Navy SEAL. What they don't expect is the thoughtful, yoga-innovating, joking and laughing, professor of leadership named Mark Divine. At twenty-six he graduated as Honor Man (#1-ranked trainee) of SEAL BUD/S class number 170. Mark served fo ...

Mark Divine on Bulletproofing and Front ... - Unbeatable Mind

Mark served on active duty with the SEALs for nine years and in the SEAL reserves for eleven - retiring at the rank of Commander in 2011. In addition to Unbeatable Mind, Divine is the author of 8 Weeks to SEALFIT, published by St. Martin's Press in 2014, Way of the SEAL, published by Reader's Digest Books in 2014

So he wrote and self-published his first book, Unbeatable Mind, in 2011 and launched its at-home online study program at www.unbeatablemind.com. Mark Divine has also written The Way of the SEAL, published by Reader's Digest, and 8 Weeks to SEALFIT and KOKORO Yoga, both published by St. Martin's Press.

Unbeatable Mind is an intensive online training program with step-by-step techniques for gaining mental clarity, increased focus, physical fitness, and increased awareness. Listen to Commander Mark Divine describe the Unbeatable Mind program, and hear what members have to say.

Mark Divine is the founder of SEALFIT and Unbeatable Mind and the host of the Unbeatable Mind podcast. Mark is a Retired Navy SEAL Commander, NYT Best Selling author, speaker and entrepreneur. The podcast deals with a wide variety of subjects, from philosophical, emotional and meta-physical to self defense, fitness and elite physical performance.

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Mark is a highly sought after speaker for corporations where his Unbeatable Mind program is helping to forge mental toughness among business leaders. He lives in Encinitas, CA., several blocks from the SEALFIT Training Center, the 20,000 square foot facility where he enjoys training with his family and team.

Mark Divine, retired Navy SEAL, lays out his path toward becoming an individual with an unbeatable mind. Every element that I listed above plays a role. If I'd read this book in my adolescence, I would've been SO much ahead of the game. Throughout my life I've had to piece it all together from books and life experiences here and there.

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Ep11 - Creating the Unbeatable Mind of a Navy SEAL with Mark Divine

Unbeatable Mind - Mental Toughness Training by Mark Divine

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