



Navy SEAL Training: Self-Confidence

David Rutherford

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In his first field manual for adults; Self-Confidence, Navy SEAL, motivational speaker, and life instructor David Rutherford inspires readers to forge their own personal success by accepting 8 Life Missions. As a Navy SEAL and Behavioral Training Specialist, David has traveled the world and discovered what enables the human condition to succeed in any environment. He combines his personal experiences with over 70 years of proven operational successes of the Navy SEAL Teams to form this field manual to help you forge your Self-Confidence.

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