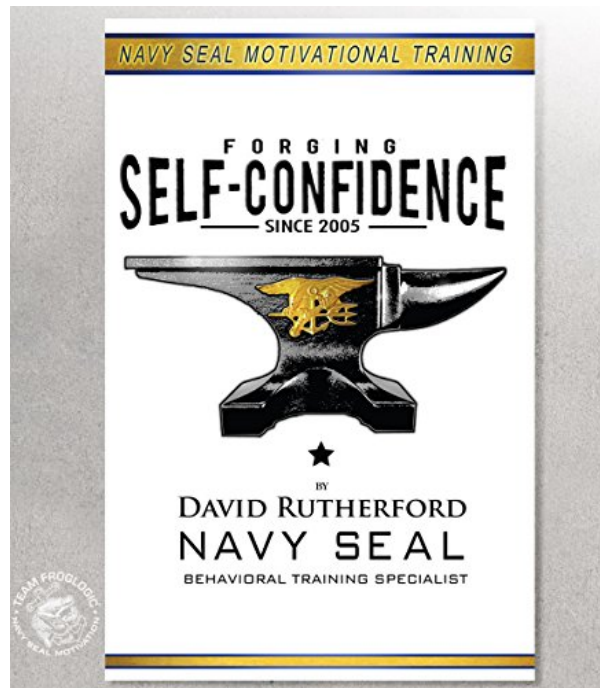
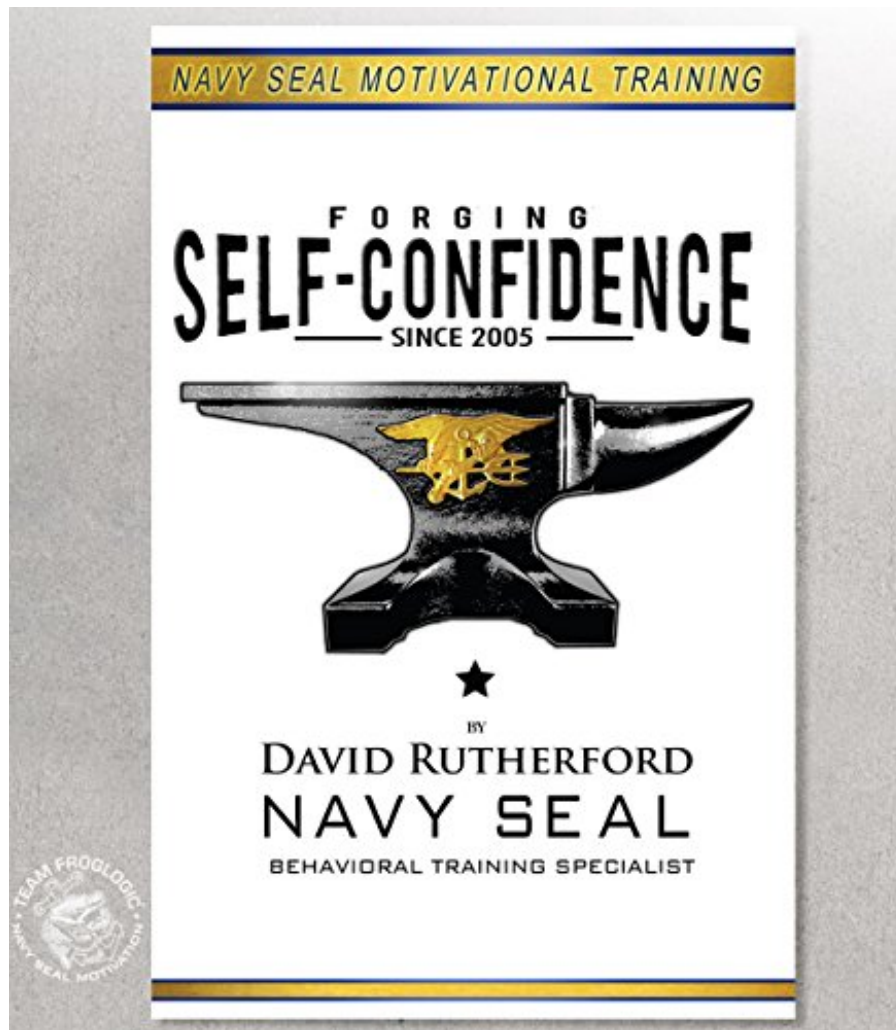


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In his first field manual for adults; Self-Confidence, Navy SEAL, motivational speaker, and life instructor David Rutherford inspires readers to forge their own personal success by accepting 8 Life Missions. As a Navy SEAL and Behavioral Training Specialist, 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.

- Sales Rank: #712283 in Books
- Published on: 2012
- Number of items: 1
- Binding: Paperback
- 243 pages

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46 of 48 people found the following review helpful.

Amazing Book

By Darrin

This is a must read for all who want to build Self Confidence and live a Warrior Poet lifestyle. David Rutherford has put together an amazing book about building your self confidence with practical advice taken throughout his life as an athlete, motivational speaker, and US Navy SEAL. The chapters of this book are broken down into missions:

Mission 1: Have a Positive Attitude

Mission 2: PT and Live Healthy

Mission 3: Motivate Yourself & Others

Mission 4: Earn Respect

Mission 5: Set Goals

Mission 6: Integrity

Mission 7: Mentoring

Mission 8: Have Fun

Each mission is then brought to life in 4 steps and finishes off with a debrief as every chapter is just flowing with powerful information. I love how Mr. Rutherford took real world applications and applied it to living a life with Self Confidence no matter what your chosen path. Well written, full of powerful stories about each mission, and an in-book glossary to help explain certain phrases this book should be required reading for all, especially our young people who need this type of positive influence in their lives. Take the time and read this book it will change how you look at yourself and the world around you.

29 of 31 people found the following review helpful.

Literally Changed My Life

By Amazon Customer

I am a vet who became lost for 13 years afterward. I reached a point where I knew I needed to change or else. I have always held the Navy SEALs as the gold standard in confidence, capability, humility and most importantly honor. I sought guidance from humanity's best. In the Frogman's book, I found exactly what I needed.

Froglogic helps you strip away all of the negative excuses and baggage you have been collecting and focus on your number one mission: making you the healthiest, happiest and most confident teammate you can be. The Navy SEALs don't work alone, they know the TEAM LIFE is the key to overcoming anything.

You CAN do it. It is your mission. Froglogic is your mission brief. Get Moving!

12 of 12 people found the following review helpful.

8 Fold Path to Self-Confidence

By Gea

One of my pet peeves are those Facebook slogans that shout, "Be Positive!" or "Be Happy!" but offer no concrete steps to achieving this mental state, as if we can just wish ourselves there through will alone. They are like cheerleaders yelling "Go Team!"-- they may help morale, but they present no tactics for actually winning the game.

One reason I am drawn to Buddhism is that for 2,500 years, Buddhist monks have been systematically studying the mind and developing a system for transforming it through physical, mental, and ethical steps. The 8-Fold Path presents specific actions to rewire our brains. The most effective way to effect transformation is by addressing all aspects of our beings: physical, mental, and spiritual.

Which leads me to David Rutherford's book, Navy Seal Training, Self-Confidence. Rutherford is not a Buddhist monk, but he is a Navy Seal, and the Seals have studied the mental aspects of success with the same focus and determination they bring to combat. They know how to transform a man into an effective warrior, physically and mentally. Self-Confidence is an enormous key, not only to professional success but to our personal happiness, and Rutherford breaks down how to attain self-confidence through systematic, concrete steps that address everything from your physical body to your emotional, mental, and spiritual being.

Rutherford's Self-Confidence plan has 8 missions in all, (not unlike the 8 fold path), and is full of clearly defined phrases and ample examples from his personal life to illustrate a chapter's topic or mission. At the end of each chapter is an extremely helpful, short, work-book style list of questions. I'm a pretty contemplative person, but these questions helped me consider things which I hadn't thought of before. Such as, "Who is the most squared away person that you know?" This led me to realize that while I know some very squared away people in their professional lives, many are considerably less squared away in their personal lives. Searching for those role models who have it together both professionally and personally led me to some surprising people.

Another question: "What are your goals for the next five years?" I saw that although I knew my goals, I didn't have a concrete mission plan for obtaining them, and they aren't just going to happen on their own.

I found particularly helpful his thoughts on debrief and failure. Failure will inevitably occur in all our lives with some frequency, especially if we are pushing ourselves outside of our comfort zone. When it does happen, it can be a big blow to our self-confidence. As a female firefighter working in a male dominated profession, I have at times taken small failures quite hard. It has taken me a long time to shake some of them off. Sometimes even minor failures can feel like confirmation that society's limited view of my potential is

accurate. (It's not.) Yet Rutherford sees failure as essential to growth. Through debriefing, he reframes failure from a negative to a positive experience. By debriefing a failed mission, no matter how small, Rutherford is able to frame failure so that it deepens his self-knowledge and increases his lessons learned thereby strengthening his knowledge base. Through gaining knowledge about ourselves and what does not work, we actually grow stronger from failure and more resilient, which in turn, increases our self-confidence.

I am giving this book five stars for its depth and accessibility of content. It's an important book to read especially for anyone in the Fire Service. However, this book is self-published and it doesn't have the slickness or professionalism of a major press. Rutherford does have cheerleading tendencies (he would have made a good one), and there are definitely a lot of Hooyahs! here. But this is the most comprehensive, personal, and readable book I have found on Self-Confidence. I learned a lot about myself and (colleagues) from reading it. I recommend this book to everyone. You don't need to be a Navy Seal or firefighter to benefit from Self-Confidence. Everyone has dreams, and this book can help you attain them and become the person you have always aspired to be.

See all 99 customer reviews...

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