



# Living with a SEAL: 31 Days Training with the Toughest Man on the Planet

By Jesse Itzler

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**Entrepreneur Jesse Itzler chronicles his month of living and extreme fitness training with a Navy SEAL in the *New York Times* and #1 *LA Times* bestseller *LIVING WITH A SEAL*, now with two bonus chapters.**

Entrepreneur Jesse Itzler will try almost anything. His life is about being bold and risky. So when Jesse felt himself drifting on autopilot, he hired a rather unconventional trainer to live with him for a month—an accomplished Navy SEAL widely considered to be "the toughest man on the planet"!

*LIVING WITH A SEAL* is like a buddy movie if it starred the Fresh Prince of Bel-Air...and Rambo. Jesse is about as easy-going as you can get. SEAL is...not. Jesse and SEAL's escapades soon produce a great friendship, and Jesse gains much more than muscle. At turns hilarious and inspiring, *LIVING WITH A SEAL* ultimately shows you the benefits of stepping out of your comfort zone.

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### Editorial Review

Review

It's hilarious?*LeBron James*

This is 100% Jesse. Do it differently and you get different results. That's the way he has operated his entire life and it has worked beautifully.*Mike "Coach K" Krzyzewski, Duke Basketball head coach*

Jesse is a risk taker and is always trying different things to get better. Plus, he's fun to go out with.*Tom Brady, New England Patriots, four-time NFL Champion, two-time NFL MVP*

Most of us go through life on auto-pilot. New day...same routine. This guy beamed a "live action hero" into his living room for 31 days to shake up his life. Sometimes you have to have the guts to do something radical to get results.*Dolvett Quince, The Biggest Loser*

Jesse knows what it takes to succeed in business and in life - a Don't Quit attitude! Our US Military embraces that attitude in training and survival, no one more so than the elite Navy SEALs. When my pal invites SEAL into his world, Jesse's life is never the same again! The relationship between these guys is outrageous - it's like the Fresh Prince of Bel-Air meets Rambo! But with all the insanity there are strong life messages, hysterical moments, and great lessons to be learned. Like Jesse, this book is a HIT!*Jake Steinfeld, chairman and founder of Body by Jake*

George Foreman once gave me great advice. When I told him my husband ran 100 miles non-stop he said, 'Sara, don't try to understand a man like that. Just love him.'*Sara Blakely, Founder of SPANX, Jesse's wife*

"*Living With A Navy Seal* is funny and compelling with practical wisdom that leaves the reader feeling elevated and empowered. It also deeply impacted my own personal journey to health, fitness and well being."*Cory Booker, US Senator for New Jersey*

About the Author

**Jesse Itzler** eats only fruit 'til noon, loves Run-D.M.C., and enjoys living life "out of the box." He cofounded Marquis Jet, the worlds largest prepaid private jet prepaid flight card company which he and his partner sold to Berkshire Hathaway/NetJets. Jesse then helped pioneer the coconut water craze with Zico coconut water, which was acquired by The Coca-Cola Company. He is a former rapper on MTV and he produced both the NBA's Emmy Award-winning "I Love This Game" music campaign and the popular New York Knicks anthem "Go NY Go." When he is not running ultra marathons, eating vegan food or being a dad to his three kids, Jesse can be found at the NBA's Atlanta Hawks games, where he is an owner of the team. He is married to Spanx founder Sara Blakely.

### Users Review

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**Anthony Parker:**

Information is provisions for folks to get better life, information currently can get by anyone from everywhere. The information can be a know-how or any news even an issue. What people must be consider when those information which is in the former life are difficult to be find than now could be taking seriously which one would work to believe or which one often the resource are convinced. If you have the unstable resource then you get it as your main information you will see huge disadvantage for you. All those possibilities will not happen with you if you take Living with a SEAL: 31 Days Training with the Toughest Man on the Planet as the daily resource information.

**Vickie Reed:**

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, gonna beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could be reading a book is usually option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled Living with a SEAL: 31 Days Training with the Toughest Man on the Planet can be great book to read. May be it can be best activity to you.

**Anna Brooks:**

In this era which is the greater person or who has ability to do something more are more precious than other. Do you want to become considered one of it? It is just simple way to have that. What you have to do is just spending your time almost no but quite enough to possess a look at some books. One of many books in the top list in your reading list is definitely Living with a SEAL: 31 Days Training with the Toughest Man on the Planet. This book which can be qualified as The Hungry Hills can get you closer in growing to be precious person. By looking way up and review this reserve you can get many advantages.

**Joan James:**

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