



## The Warrior Elite: The Forging of SEAL Class 228

*By Dick Couch*

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With a postscript describing SEAL efforts in Afghanistan, *The Warrior Elite* takes you into the toughest, longest, and most relentless military training in the world.

What does it take to become a Navy SEAL? What makes talented, intelligent young men volunteer for physical punishment, cold water, and days without sleep? In *The Warrior Elite*, former Navy SEAL Dick Couch documents the process that transforms young men into warriors. SEAL training is the distillation of the human spirit, a tradition-bound ordeal that seeks to find men with character, courage, and the burning desire to win at all costs, men who would rather die than quit.

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## **The Warrior Elite: The Forging of SEAL Class 228** By Dick Couch Bibliography

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## Editorial Review

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There is a pod of good books on the SEALs, but this one is unique. Couch, a Vietnam-era SEAL and retired naval reserve captain, was given the most complete access possible to the demanding BUD/S (Basic Underwater Demolition/SEAL) course and has recorded his observations, those of one who has been there and done a good deal of that. His account of Hell Week, the culmination of a formidable three-phase course intended to produce men who are physically, psychologically, and technically the best in the world at what they do, may leave the average reader short of breath. Few Hollywood stereotypes are on view; in their stead are a man who passed BUD/S at age 39, a superb swimmer who was disqualified for sinus problems, and a trainee at the low end of the fitness scale who subsequently won the Congressional Medal of Honor. Also on view is much serious thought by serious thinkers on the making of warriors at the dawn of the twenty-first century. *Roland Green*

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### Review

"**The Warrior Elite** is the first book that captures how the SEAL spirit is tempered. It reveals all the grit, sweat, mud, and blood of BUD/S training -- real-time, down and dirty. This is a must-read if you want to know what becoming a virtual warrior is all about." -- Governor Jesse Ventura, BUD/S Class 58

"A wonderful, thought-provoking book by Dick Couch and a quick study of human personalities; his conclusions are optimistic and uplifting." -- Vice Admiral James Stockdale (USN. Ret.) Recipient of the Congressional Medal of Honor.

"**The Warrior Elite** offers superb insight into the making of a Navy SEAL. Dick Couch takes the reader through the incredible challenges of basic training and into the minds of these unique warriors who comprise our nation's highly selective fighting force. Having served extensively with Dick in combat as junior officers in Vietnam, I now understand the "how's and why's" of his profession and the SEALs' commitment to mission. **The Warrior Elite** captures the essence of a Navy SEAL -- the indomitable will to win and steadfast commitment to team." -- Robert J. Natter, Admiral, U.S. Navy, Commander in Chief, U.S. Atlantic Fleet

"An authentic voice that spells out what it takes to become a SEAL--the sheer grit to overcome all obstacles. America is lucky that it continues to attract such men as these to serve." -- Theodore Roosevelt IV, Class 36

*From the Hardcover edition.*

From the Inside Flap

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desire to win at all costs, men who would rather die than quit.

## **Users Review**

### **From reader reviews:**

#### **Ruben Martin:**

Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite reserve and reading a e-book. Beside you can solve your condition; you can add your knowledge by the book entitled The Warrior Elite: The Forging of SEAL Class 228. Try to face the book The Warrior Elite: The Forging of SEAL Class 228 as your close friend. It means that it can to be your friend when you experience alone and beside that course make you smarter than in the past. Yeah, it is very fortunated for you personally. The book makes you far more confidence because you can know every little thing by the book. So , we should make new experience and knowledge with this book.

#### **Lisa Alaniz:**

The guide untitled The Warrior Elite: The Forging of SEAL Class 228 is the e-book that recommended to you to learn. You can see the quality of the guide content that will be shown to you. The language that writer use to explained their ideas are easily to understand. The article author was did a lot of investigation when write the book, hence the information that they share for you is absolutely accurate. You also will get the e-book of The Warrior Elite: The Forging of SEAL Class 228 from the publisher to make you far more enjoy free time.

#### **Billy Migliore:**

The book untitled The Warrior Elite: The Forging of SEAL Class 228 contain a lot of information on it. The writer explains the girl idea with easy way. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read it. The book was authored by famous author. The author gives you in the new time of literary works. You can actually read this book because you can keep reading your smart phone, or model, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can available their official web-site and also order it. Have a nice read.

#### **David Burch:**

That publication can make you to feel relax. This book The Warrior Elite: The Forging of SEAL Class 228 was colorful and of course has pictures around. As we know that book The Warrior Elite: The Forging of SEAL Class 228 has many kinds or category. Start from kids until teens. For example Naruto or Investigation company Conan you can read and think you are the character on there. Therefore not at all of book are make you bored, any it offers up you feel happy, fun and rest. Try to choose the best book to suit your needs and try to like reading that will.

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