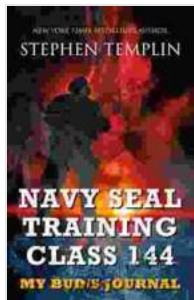


# Navy SEAL Training Class 144 My Bud Journal: The Ultimate Guide to BUD/S



## Navy SEAL Training Class 144: My BUD/S Journal

by Stephen Templin

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1106 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 211 pages
Lending	: Enabled



The Navy SEAL Training Class 144 My Bud Journal is a firsthand account of the legendary 10-week BUD/S course by a member of the class. This book is the definitive guide to SEAL training, providing an insider's perspective on the physical, mental, and emotional challenges of becoming a Navy SEAL.

## What is BUD/S?

BUD/S, or Basic Underwater Demolition/SEAL training, is the U.S. Navy's primary training course for SEAL candidates. The course is designed to test the limits of human endurance and mental toughness. Only about 25% of candidates who start BUD/S actually make it through to graduation.

## **The Navy SEAL Training Class 144 My Bud Journal**

The Navy SEAL Training Class 144 My Bud Journal is a unique and invaluable resource for anyone who is interested in learning more about BUD/S. The author, who served as a member of Class 144, provides a detailed account of his experiences during the course, including the challenges he faced, the lessons he learned, and the friendships he forged with his fellow candidates.

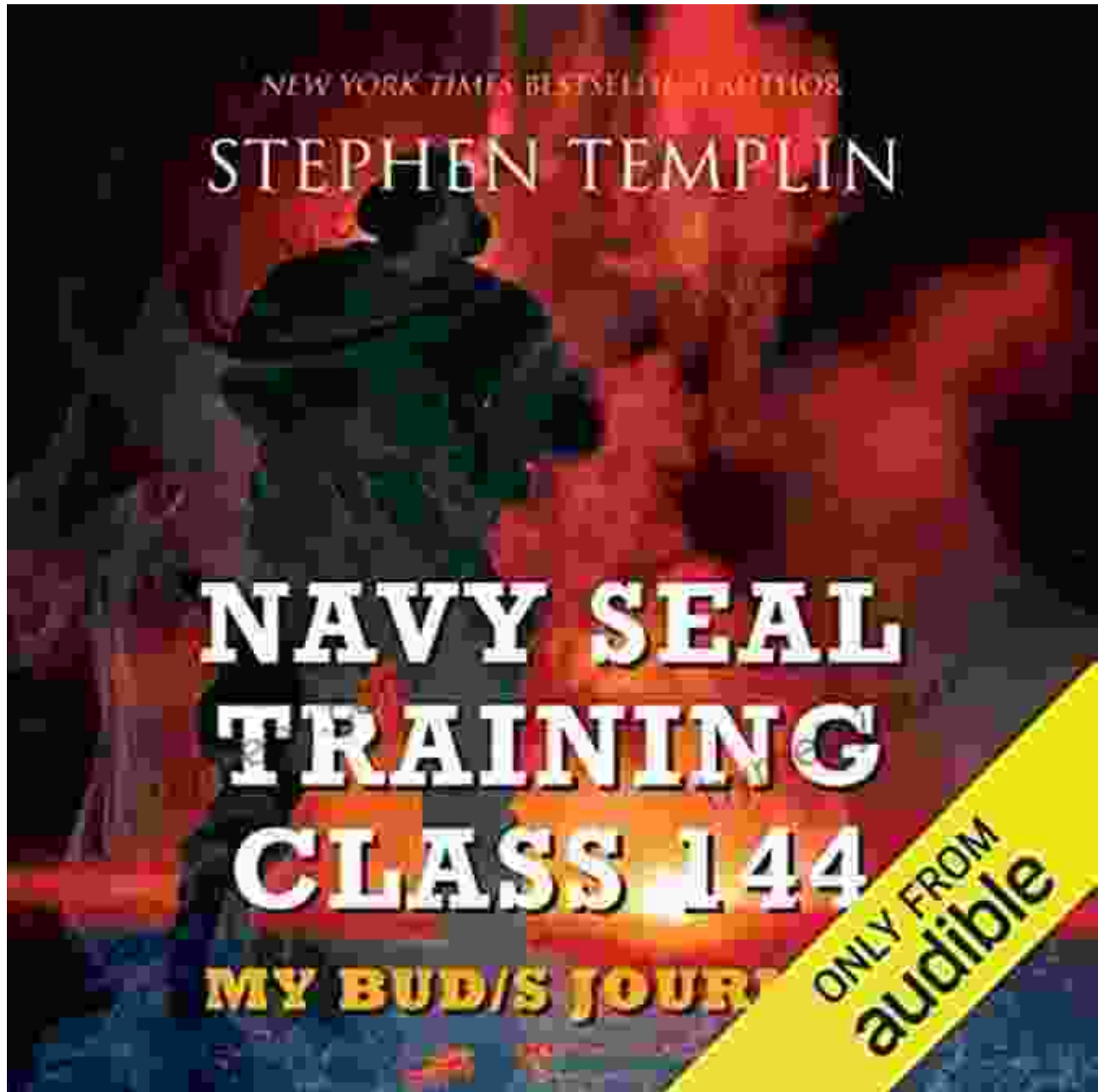
### **What you'll learn from this book:**

- The physical and mental challenges of BUD/S
- The different phases of BUD/S training
- The importance of teamwork and camaraderie
- The mindset of a Navy SEAL
- How to prepare for BUD/S

Whether you're a prospective SEAL candidate, a military enthusiast, or simply someone who is interested in human potential, the Navy SEAL Training Class 144 My Bud Journal is a must-read.

### **Free Download your copy today!**

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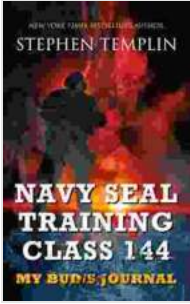
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