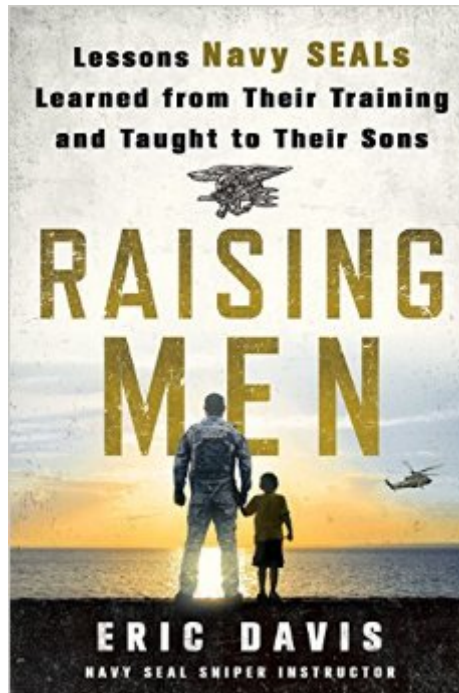


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# Raising Men: Lessons Navy SEALs Learned From Their Training And Taught To Their Sons



## Synopsis

After Eric Davis spent over 16 years in the military, including a decade in the SEAL Teams, his family was more than used to his absence on deployments and secret missions that could obscure his whereabouts for months at a time. Without a father figure in his own life since the age of fifteen, Eric was desperate to maintain the bonds he'd fought so hard to forge when his children were young—particularly with his son, Jason, because he knew how difficult it was to face the challenge of becoming a man on one's own. Unfortunately, Eric learned the hard way that Quality Time doesn't always show up in Quantity Time. Facebook, television, phones, video games, school, jobs, friends—they all got in the way of a real, meaningful father-son relationship. It was time to take action. As a SEAL, Eric learned to innovate and push boundaries, allowing him to function at levels beyond what was expected, comfortable, ordinary, and even imaginable, and he knew that as a father he needed to do the same with his son. Meeting extreme with extreme was the only answer. Using a unique blend of discipline, leadership, adventure, and grace, Eric and his SEAL brothers will teach you how to connect, and reconnect, with your sons and learn how to raise real men—the Navy SEAL way.

## Book Information

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## Customer Reviews

So I was wondering after ordering this book how exactly a SEAL was going to be able to transfer that type of lifestyle and that kind of training to the arena of parenting. In the first chapter I have already underlined extensive parts of the author's writing. Here are a few that jump out to me: 1)

when your child is age 0-2 it's like the conditioning phase of SEAL training. Well I have 4 kids...one is 6 months old and I have witnessed my wife going through her own personal "Hell Week" but it's lasted MONTHS. The author does an excellent job showing the comparisons between SEAL training and specifically the early stages of a child's life! 2) He writes about Dad's quitting on being a Dad. Not like walking out...nothing that obvious. Just the small things and the times when we all might check out due to being tired or selfish. He calls you out on that but then gently reminds us all that we pick up that failure and we move on because the fight for our sons is too important. I highly recommend this book to any parent!

I understand why Eric Davis wrote this for men about sons. This book is so much more than that, however. It's not only one of the best parenting books I've ever read, it's a book all educators, coaches, and civic club leaders must read. Even if you don't have kids, you'll love this personal journey filled with motivation, leadership training, and success tactics practiced by Eric and his fellow SEAL instructors. Not everyone will be able to do the SEAL stuff, but everyone can do this: spend more time building relationships with your kids, refuse to be or allow children around "dream killers," and instill confidence in your children or any child you encounter by believing in and demanding the best from them--and modeling the same. "Raising Men" made me want to push myself more, not just for my son, but for myself, too.

I really enjoyed reading this book -- which is going to make writing a review very difficult. "To-do" or "self-help" books are NOT suppose to be page- turning enjoyable . From the Introduction on you are sucked into the stories, humor, and experiences of this father. Not everyone can be a Navy Seal , but here is a guide to being a Seal father. The author gives plenty of ideas and ways of teaching and connecting with your children that are invaluable and fun! There are a few " don't try this at home" moments but you will recognize them-- plus he gives you alternatives. The important factor is being present in your child's life, guiding and preparing them for life beyond you. It is a big world and negotiations are tricky , preparation is key. Read , follow and enjoy every moment of this book and being a father.

I grew up with sisters and almost all of my cousins were girls so when I had my son I had no idea how to successfully raise a boy into a man. After becoming a single mom when my son was four I was even more clueless than ever. This book has been a godsend. It's given me a lot of very valuable tools in raising my son. I highly recommend it!

From start to finish, Eric Davis provides clear examples of how to improve upon family relationships while being funny, insightful and realistic. This is a parenting book that everyone should read. As a mother of three, I appreciate the way in which each idea is set forth and not only includes young men, but also daughters. Each section had me considering in a positive manner ways that our family will benefit from the chapter. Unlike other parenting books that can be dry and frankly condescending in their perfection, the use of multiple teammates, personal stories, and his own successes and at times failures made this a book that anyone can relate to and want to read. This isn't your mom's parenting book! I truly hope that there will be additional books from this author on the horizon. The life lessons herein are applicable to far beyond dads. I recommend this to all moms as well.

This is the first review I have ever written. Normally I am the one who reads others reviews but never leaves one myself. This time I feel compelled to give my opinion because I am not a father or a male. I am female, newly married and trying to have kids. I know this book is entitled Raising Men and is geared towards fathers but I read it anyways. I am giving it 5 stars because it doesn't just speak to men or how to raise sons. It is easy to apply most of what Eric says to raising daughters and/or being a great mother. Eric lays down a foundation on how to be a responsible parent and have a positive presence in your child's life. He really puts emphasis on the fact that you, the adult, have to lead a good life first. You need to figure out what that is and start implementing it in your daily life. He uses the phrase "lead from the front" and really emphasizes the importance of being a responsible adult/parent and how to be present and engaged in your child's life. He does this by sharing with you some of his own personal experiences and also adds in personal stories told by other highly respected special forces operators. One of the things I like most is at the end of each chapter. Eric asks you, the reader, questions about the content and principles discussed in that chapter. He gets your mind thinking about what you are or not doing as a parent and how you think you can improve on that. I find this technique very helpful because it makes it personal. He is engaging you to contemplate your own actions and how they affect the people you love. I found the book to be very inspiring. Eric has motivated me to become the best version of myself now before I have kids and gave me some tools to be the best parent in the future.

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