



# Mastering Fear: A Navy Seal's Guide

*Brandon Webb , John David Mann*

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**From *New York Times* bestselling author and former Navy SEAL Brandon Webb comes a simple yet powerful five-step guide to transforming your life by making your fears work for you instead of against you.**

Brandon Webb has run life-threatening missions in the world's worst trouble spots, whether that meant jumping out of airplanes, taking down hostile ships on the open sea, or rolling prisoners in the dead of night in the mountains of Afghanistan. As a Navy SEAL, he learned how to manage the natural impulse to panic in the face of terrifying situations. As media CEO and national television commentator, he has learned how to apply those same skills in civilian life.

Drawing on his experiences in combat and business, along with colorful anecdotes from his vast network of super-achiever friends from astronauts to billionaires, Webb shows how people from all walks of life can stretch and transcend their boundaries and learn to use their fears as fuel to achieve more than they ever thought possible. "Fear can be a set of manacles, holding you prisoner," writes Webb. "Or it can be a slingshot, catapulting you on to greatness."

The key, says Webb, is not to fight fear or try to beat it back, but to embrace and harness it. In the process, rather than being your adversary, your fear becomes a secret weapon that allows you to triumph in even the most adverse situations. In *Mastering Fear*, Webb and his bestselling coauthor John David Mann break this transformation down into five practical steps, creating a must-read manual for anyone looking for greater courage and mastery in their lives.

## Mastering Fear: A Navy Seal's Guide Details

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## **From Reader Review Mastering Fear: A Navy Seal's Guide for online ebook**

### **Divone says**

This book definitely gave me a different way to look at fear in my own life. I really enjoyed it and would recommend it to anyone living with an overabundance of fear and anxiety in their lives.

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### **Sara Goldenberg says**

It was well written but didn't really impart any useful knowledge

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### **LemontreeLime says**

Actually, this was excellent.

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### **Marianne Pestana says**

The most powerful book available on how to transform fear and move beyond what paralyzes, with counter-intuitive tactics developed from one of the toughest teams in the World. Mastering Fear offers innovative strategies with proven effectiveness both personally and professionally, making it a must read for anyone looking to lead with confidence, clarity and purpose.

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### **Aman Mittal says**

#### **Best book I have read in 2018!**

When I saw the cover of the book I knew I had to get my hands on it. The cover is unique and simple. A yellow background with a man representing a warrior type of a person on a horse killing a lion with a spear. Might sound mythological to some or hypothetical to others. It has a significance to the context of the book. I urge you whatever thought comes into your mind after grasping the cover image from both of your eyes, either try to remember it or write it down somewhere. You will be astonished by its significance.

Mastering Fear is a great title to start the book. It is not your typical self-help book if you read it carefully. The author of this book had experience in war zones of Afghanistan as a Navy SEAL where he learned a lot of things and developed a conscience for trusting himself in the situations where panic easily takes over a human mind. Brandon Webb, he is an accomplished author and has written many books before this one. Apart from being a Navy SEAL, he now runs a media business that is worth millions. Why am I telling you

this? Because I want you to understand the motive behind this book. To master the fear, the first step is to take a decision and I want you to take decide for yourself whether this book is for you or not.

Mastering Fear is not about facing a hostile gang of men or being in a war zone. It's about the battlefield in your mind.

Think about it. Who is that person that you most spend time with? Talk to, care about or listen to? Yes, yourself! This book talks about you. It is based on you. There are stories of people who have mastered their own fear of drowning in the water, heights or build their own life after getting bankrupt 2 or 3 times. But all are these realities of others who have faced panic in its face when the time came for them. Brandon Webb, the co-author of this book starts it in a storytelling way about his friend who is suffering from the fear of drowning for the last 35 years of his life. The only reason he is still suffering because he wants to learn to swim and has tried everything. Contacted every medal winner or coach but always failed. This how Brandon concludes this situation:

Mastering Fear is not about becoming physically stronger, or tougher, or more macho or more aggressive, or more stoic. It is about how to identify and change the conversation in your mind.

I consider this a universal truth after hours of dwelling in works of ancient and modern day writers. The book focus on the self's thought process and how to change it when the situation of an excruciating adrenaline rush comes where we often fail because we forget to give it a second thought right there, in that circumstance. This is the core of the book. Switching your thought process and understanding that fear is not something you should despise and can have your own way in life. Brandon points out that fear is a signpost, a gateway to the prize or the achievement or your success. It can be that secret weapon or the missing piece of puzzle right under your nose. To do so, Brandon divides the whole process into five interesting steps that are demonstrated with real-life anecdotes.

The writing style of the book is simple and easy to grasp. The book even though only 250 pages long is time-consuming. The chapters are short and consistent. Each follows the previous one, so I would not recommend skipping one for another. Its narrative style is catchy. Once you sit down and start reading it, it is hard to move away from it.

I would also like to say here that the context of the book is solely a pragmatic POV. Some readers might do not want to read it since it is written by a Navy SEAL or some only want to read it because it is written by a Navy SEAL and will have content on war zones, et cetera. You both are going to be disappointed. This book is about overcoming your fear even if you sit in a cubicle all day. It is about how to grow as a person and achieve what you always wanted to.

*A must-read book for everyone.*

**5 out of 5!**

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**Stevo Brock says**

"Mastering Fear" was Stevo's Business Book of the Week for the week of 8/26, as selected by Stevo's Book Reviews on the Internet. <https://amzn.to/2PFTxcL>

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## Ardent says

"*You're never safe.*"

I can't tell you how much I needed to read that. That quote is, for me, the absolute core of *Mastering Fear*. I took a lot of notes while I read this, and pulled a lot of quotes, but in the end, it really all boils down to that. We are never safe and fear never really goes away, so we simply have to do our best and act.

I'm certain that every concept in this book has been said before in many ways; that's sort of the nature of self-help books. It's almost never *new* advice. So finding a self-help book is less about finding something new and more about finding the tone or style that works for you right now. This book works for me right now.

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## George says

Good book, nice take to the concept of fear

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## Sam Reed says

This book is great and gives practical advice on how to tackle your fears. It's broken down into steps and the author uses memorable stories to illustrate his points. Quick read and well worth it too.

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## The Real Book Spy says

See this review and more at [www.TheRealBookSpy.com](http://www.TheRealBookSpy.com)

As a critic, my area of expertise is fiction — more specifically, the thriller genre, especially political, spy, and military thrillers. . . anything with action. I read books about people who do extraordinary things, but they all have one thing in common (well, two if you count stopping nuclear attacks, because they all stop nuclear attacks at some point): they're all fictional.

When I'm not reading books for reviews or blurbs, I like to get outside the genre I cover and try something else. I personally enjoy autobiographies, but it's pretty rare I actually review a nonfiction book. I've done it, sure, but the book has to really knock my socks off for me to step aside from the thriller genre and take the time to review it.

That's exactly what happened when I read *Mastering Fear*. . .

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**Sasha says**

So I've listened to the audiobook and it was the first time I was listening to something like that. I really enjoyed it actually.

I don't think that anything new was said in the book but it's all about finding what you need to hear/write. I wouldn't say that this book is useful but it gives you some understanding of your fear and how to live with them... Because yes, fear is natural.

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