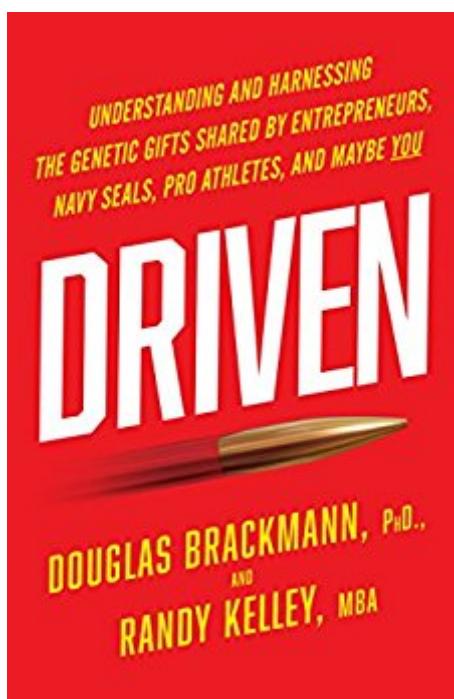


The book was found

Driven: Understanding And Harnessing The Genetic Gifts Shared By Entrepreneurs, Navy SEALs, Pro Athletes, And Maybe YOU



Synopsis

Some people are born with a drive often seen in entrepreneurs, pro-athletes, inventors, adventurers, and Navy SEALs. It's in their DNA - research has shown that certain genes can manifest resilient and highly focused people who can also be impulsive and easily distracted. While these traits enabled our ancient ancestors to survive, if you have these traits today, it can create havoc in your life. You may be diagnosed with ADHD, ADD, or OCD. But what the world tells you is a disability or disorder may actually be your greatest gift. Now it's time to learn how to use it. Here to help are authors Doug Brackmann, a practicing psychologist, and Randy Kelley, a former Navy SEAL sniper and martial artist. Using their experience teaching the highly driven how to master their gift, Doug and Randy will provide the insight and tools you need to master yours. You'll discover how to:-Stop self-sabotage forever-End shame and doubt-Find your wolf pack-Use meditation to put yourself on the right pathIt's time to take control, harness your gift, and get the life you've always wanted. About the Authors: Doug Brackmann, PhD, and Randy Kelley, MBA, are the founders of the Dasein Institute. Combining Dougâ™s psychological study into effects of powerful thought and action on focus and Randyâ™s experience as a Navy SEAL sniper, martial artist, and businessman, the Dasein Institute uses unique methods to hone the mindâ™s physiology and the bodyâ™s mechanisms and help highly driven individuals harness their gifts.

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Customer Reviews

Randy and Doug know "driven, ambitious" people inside and out. As someone who has had her fair share of time in a shrink's office I can tell you that where most fall short is that "driven" people are a whole 'nother ball game. If you're an entrepreneur, an athlete or otherwise driven, read this book and understand once and for all how to harness that drive, stop self sabotage and truly understand how there is nothing wrong with you.

I have known Randy for many years, and he has always been there to teach and coach along the way. This book, written with Dr. Doug, is the ultimate "reach me where I am" book for a post-specops guy trying to understand "why" I'm struggling with my post-SOF career. Well done, and I hope to see you both soon at one of your live camps!

Doug and Randy are doing important work in normalizing and enhancing the special strengths and personality type of successful entrepreneurs (and special forces operators and others) which they've identified as going back to our hunter roots (vs the farmer masses). I loved working with them personally and recommend their work and their book without reservation to my friends and clients. If their techniques can make a Navy SEAL sniper better or make a civilian shoot like a SEAL in days, isn't it worth finding out what that kind of calm and focused intensity can do for you, your life, and your business? -Dale Larson, Executive Coach to high growth tech CEOs (former engineer, CEO and serial entrepreneur)

TL;DR: My HIGHEST Recommendation - Have Already Read Again and Seen Great Success! It is a rare experience for me to read a book so thoroughly profound that it permanently alters my worldview, and DRIVEN has done this not only globally and interpersonally, but also and of greater importance to me, on an intrapersonal level as well. I believe that the (beyond) forward-thinking theories contained in DRIVEN, written simply enough for genuine comprehension and yet at once supported by thousands of years of complex ancient wisdom brilliantly interwoven with novel and inspired neurobiological/psychological integration approach, contains the power and potential to unlock within yourself the true keys to your proverbial kingdom, and in whatever form that takes for

you.I have now read this book twice, and have found it even more provocative upon second reading. Further yet, after applying this innovative knowledge in my daily life, I can now irrefutably affirm that much of my newly found success (the tangible and intangible) can be direct directly attributed to this reading.Please - do yourself a favor, give yourself a break, and read this book.

If you're the sort of person who's always felt out of place or restless with an active mind, this is a book for and about you. Driven explains why you might be an uncommon type of person, and how to harness the capabilities within to stop feeling out of place and start embracing the power of an active mind.Best of all, it's practical -- Dr. Doug Brackmann and MBA/Navy SEAL Randy Kelley speak authoritatively to the lengths the driven mind can go when fostered in the right way. Consider your permission slip and guide to help become the best version of yourself.Those highly satisfied with a typical American lifestyle; collect paycheck, go home, park in front of the TV or video gamesÃ¢Â“if that's you, skip this one. If you're a seeker, a climber, a creator, and someone who longs for more, dive in.

Randy and Doug's book made me think about myself and my capabilities in a whole new light. Knowing that how I approach things and how I think is not only okay but an asset made me so much more confident in my abilities and myself. I 100% recommend this book, it is truly life-changing.

Very thought provoking. I sometimes struggle to find my place and where I'm taking myself. This book opened my eyes and I felt relief that some one understands me. Can't wait to put the techniques into practice.

Great read and love the reference to the genetic disposition to being driven! Highly recommend

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