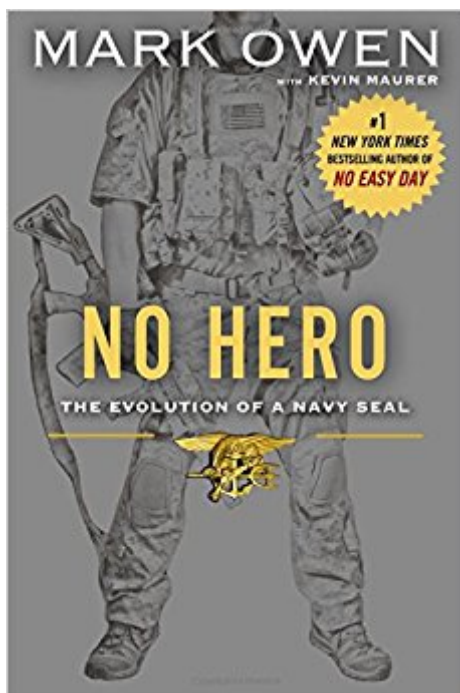


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No Hero: The Evolution Of A Navy SEAL



Synopsis

The companion volume to the multimillion-copy bestseller *No Easy Day* by former Navy SEAL Mark Owen reveals the evolution of a SEAL Team Six operator. Mark Owen's instant #1 New York Times bestseller, *No Easy Day: The Firsthand Account of the Mission that Killed Osama bin Laden*, focused on the high-profile targets and headline-grabbing chapters of the author's thirteen years as a Navy SEAL. His follow-up, *No Hero*, is an account of Owen's most personally meaningful missions, missions that never made headlines, including the moments in which he learned the most about himself and his teammates in both success and failure. Featuring stories from the training ground to the battlefield, *No Hero* offers readers a never-before-seen close-up view of the experiences and values that make Mark Owen and the SEALs he served with capable of executing the missions that make history.

Book Information

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Customer Reviews

"Owen emphasizes the selflessness and service of his fellow SEALs, along with the lessons he learned, in a book that is sure to appeal to the many fans of in-the-trenches special forces memoirs. Publishers Weekly "Simple, well-told stories that will interest general readers and certainly anyone contemplating a career in special operations. Kirkus Reviews "Owen's writing is genuine and insightful....No Hero may have been intended for the next generation of SEALs, but the book's lessons can also be useful to civilians. Associated Press Praise for *No Easy Day* "This

harrowing, minute-by-minute account by one of the highly trained members of Navy SEAL Team Six is narrative nonfiction at its most gripping....No Easy Day puts you right there for every tense moment. —Entertainment Weekly— “Gripping....There is no better illustration in No Easy Day that SEALs are ruthless pragmatists. They think fast. They adapt to whatever faces them. They do what they have to do. —The New York Times— “[Mark Owen] has given us a brave retelling of one of the most important events in U.S. military history. —People— “Make no mistake: No Easy Day is an important historic document. —Los Angeles Times— “A remarkably intimate glimpse into what motivates men striving to join an elite fighting force like the SEALs—and what keeps them there. —Associated Press

MARK OWEN, author of No Easy Day and No Hero, is a former member of the U.S. Naval Special Warfare Development Group, commonly known as SEAL Team Six. In his many years as a Navy SEAL, he has participated in hundreds of missions around the globe, including the rescue of Captain Richard Phillips in the Indian Ocean in 2009. Owen was a team leader on Operation Neptune Spear in Abbottabad, Pakistan, on May 1, 2011, which resulted in the death of Osama bin Laden. Owen was one of the first men through the door on the third floor of the terrorist mastermind’s hideout, where he witnessed Bin Laden’s death. KEVIN MAURER has covered special operations forces for nine years. He has been embedded with the Special Forces in Afghanistan six times, spent a month in 2006 with special operations units in east Africa, and has embedded with U.S. forces in Iraq and Haiti. He is the author of four books, including several about special operations.

Mark Owen delivers again in this satisfying volume, covering a variety of stories from his life in the Teams with pertinent lessons that are applicable to any walk of life.I’ve read a number of books written by former SEALs, and while they are all good, Owens does a great job of connecting with the average civilian reader and making life in special operations accessible for those of us with no military background. I read No Easy Day before this, and both are comparable reads written in a conversational style that can be finished in a few days. I really felt like he was just telling me stories over a few beers.While I do wish he went into more detail at times, I understand he had some legal hassles after his first book and memoirs such as these tend to be sanitized pretty heavily of all the classified details. You can read between the lines and figure out what was edited, and I thought it was a nice jab at the DoD to leave the blacked-out text in the book, just to give you a sense of how

ridiculous some of the censorship is. In my opinion Owen is a stand up guy who wants his stories and the stories of his teammates told right. At no point in his two books is he self-righteous or taking you on an ego-trip; he clearly states he is no better or worse than any other SEAL and he's just giving you his account of his life in the Teams and some of the lessons he learned. I think it's a great motivational book for any young guy considering becoming a SEAL and should be added to your essential reading list of former SEAL literature.

No Hero is a good follow-up to No Easy Day. Owen gives amazing first-hand accounts of other raids and deployments throughout Iraq and Afghanistan. I appreciate the accounts on certain raids where he participated with Delta and Rangers. His writing style makes it enjoyable reading, very articulate, humorous at times and allows you to experience what he and his team went through. The first chapter recalls the loss of members of ST6 when their helo was shot down and the sense of loss in that community was well written. Some problems with the book revolve around censorship. There are several pages that have been redacted and that was very cumbersome. You can tell that they censored Delta Force, Neptune Spear and other training/actual missions. Also Owens could've gone more into detail about the backlash he was receiving from other ST6/Seals from his first book. At the end of the book you get a sense of Owens' feelings about retiring from The Navy and what that means. I can sense the loss that he felt and also the relief that comes with it. I can't imagine leaving a career that you worked so hard and sacrificed so much and to leave. Overall a good follow-up to No Easy Day.

I loved it but had to return the digital format because there were many pages blacked out for some odd reason; but from what I could read, it was very interesting and motivational and I will purchase the actual book instead. I've read a lot of military autobiographies and most pump themselves up with being the strongest, funniest, smartest and will often point out the stupidity of others but this book as well as "No Easy Day" treats all with respect, even when explaining the stupidity (for lack of a better word) of others, it's done with respect. That's not easy to do. What this book does do, is try very hard to be motivational and positive but still keeping it real and I like that.

Get this book if you want insight of what Navy SEALs really do, experience, and feel. It shows the true courage and commitment of the men and women who lay it on the line, everyday. These lessons learned from this book explain and show how dealing with the stress and situations as combat situations, skydiving, rock climbing, ect.. can be applied to anything in life. Amazing book. Thank

you to the men and women who serve our country daily. You shine a beacon of light for the whole world to see but ask nothing in return. And thank you Mark for your service and in writing the books you have published. You have inspired many people in their lives to do things that are not average.... How do you eat the elephant? One bite at a time.

I'm not a military guy but really enjoy reading about the hard work and determination of our SOF. 'No Hero' gives some brief excerpts from the narrators life that taught him valuable lessons. I try to take these and apply them to my everyday life. I would recommend everyone give this book (and any other that shows these SOF guy's shear desire to succeed) a chance. Good read, fast-paced.

Mark Owen delivers another winning book. What I really like about him is he gives details about his training which if you read carefully you can apply to your life. He admits that after he left the military he didn't think he could transfer his skills to civilian life....he admits he was wrong and we can all benefit from his writings. I know he has gotten heat about divulging certain things but I want to thank him and everyone in our military for serving our country and defending our freedoms....thank you !Lastly, read No Easy Day as well.....it was an incredible book. Both his books I will read over and over again.

No Hero, Saw the author on CNN and decided to give this book a purchase, I read his first book on operation Neptune Spear and was impressed by the easy to follow along to writing format and the descriptive action taken place in the book, this book is the same but it follows his initial training and talks about other operations he participated in, a few pictures in the book. Easy to read and follow
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Toughness: A Guide To Developing An Unbeatable Mind Breaking BUD/S: How Regular Guys Can Become Navy SEALs (formerly The SEAL Training Bible) Warrior Princess: A U.S. Navy Seal's Journey to Coming Out Transgender How to Shoot Like a Navy SEAL: Combat Marksmanship Fundamentals Navy SEAL Shooting Way of the Warrior Kid: From Wimpy to Warrior the Navy SEAL Way: A Novel Fearless: The Undaunted Courage and Ultimate Sacrifice of Navy SEAL Team SIX Operator Adam Brown Service: A Navy SEAL at War Trident: The Forging and Reforging of a Navy SEAL Leader The Red Circle: My Life in the Navy SEAL Sniper Corps and How I Trained America's Deadliest Marksmen

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