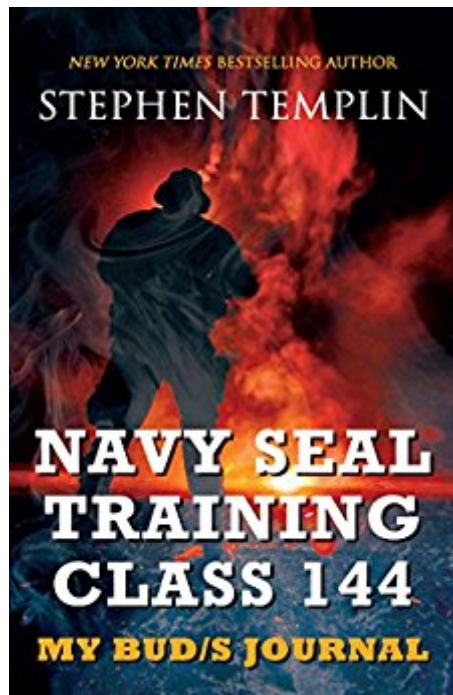


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# Navy SEAL Training Class 144: My BUD/S Journal



## Synopsis

The United States Navy's Basic Underwater Demolition/SEAL (BUD/S) training is some of the toughest military training in the world. In this behind-the-scenes account, readers join New York Times bestselling author Stephen Templin in his journey as a trainee in Class 144. Templin and his classmates endure Hell Week: five-and-a-half days of swimming, hallucinating, enduring frequent hypothermia, running more than two hundred miles, and doing over twenty hours per day of extreme physical training—having slept only four hours total for the week. After Hell Week, they face more challenges. These experiences, Steve's insights into some of the psychology needed to overcome seemingly impossible challenges, teamwork, and an unexpected conclusion, make this a memorable adventure. Praise for Stephen Templin and SEAL Training Class 144: "Reveals an intimate look at the rigorous training." —Nick Carbone, *Time* "Great to relive, remember, cringe, and laugh over so many of those memories. Steve does an exceptional job of bringing key aspects of BUD/S training to life in an eloquent, realistic, humorous, and thought-provoking manner. Whether you serve a day of your life in a military uniform or not, the lessons he conveys from his time in SEAL training are valuable, life-learning insights for all." —Mark Beder, BUD/S Class 144 Leader, SEAL Assault Team Leader/Lieutenant Commander (Veteran) "When I read SEAL Training Class 144, I thought I was doing it again—oh, hell. It was like watching a movie—I remembered everything. I think readers will be hooked and love it. Good job, Fire Team Templin!" —Jos   Duque, BUD/S Class 144 Honor Man, La Infanteria de Marina (Retired)

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## Customer Reviews

Reality check ahead from food, obstacles, commanders, trainers, wet sand, eating bugs, tests to Congratulations Seal! Navy Seals are so intriguing. When you hear the words, you picture \*cue music\* big, strong, tough men, faces painted with black grease, bodies carrying survival and assorted weapons of defense, always on a mission at anytime, anywhere, any place. Whatever the assignment, it will be completed by the extraordinary ones. Our soldiers of the night. \*end music\* This book is an easy and interesting read. You may feel scared, laugh a lot and bugs and wet sand...there's a lot. Mean and nice people playing their parts to help keep the soldiers from hurting themselves. BUD/S Training.....wow! All of us know that all of these men go through years of extreme training to earn this right. They are the best of the best, brothers for life, no matter what. We are so busy putting them on a pedestal that they deserve, lest we forget that each member is also a person, just like you and I. We do not consider each of their personal struggles and sacrifices to get that designation. We don't think about them crying or suffering from loss, from individual pain. \*enter Rambo\* Stephen Templin gives us a truly personal view of what and how a soldier becomes a Navy SEAL. To be frank, I never thought about the process as much as the result. There are some god awful times, sad times and times you will bust a gut. In a way, it reminds me of being in school, which I guess it is.

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