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Breaking BUD/S: How Regular Guys Can Become Navy SEALs by D.H. Xavier is known as the SEAL Training Bible. This book breaks down all parts of the SEAL training in the basic Underwater Demolition/SEAL or BUD/S Training. This book has crazy accurate details that you cant find anywhere except from a Navy SEAL.

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The title of this book says it all: "Breaking BUD/S: How regular guys can become Navy SEALs." The author is an active SEAL, writing under the pen name DH Xavier for security purposes. If you have a young relative who's thinking about becoming a SEAL, by all means give him this book. It's a first-class "weeder-outer."

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