



Living with a SEAL: 31 Days Training with the Toughest Man on the Planet

Jesse Itzler

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Entrepreneur Jesse Itzler will try almost anything. He brazenly pretended to be an established hip-hop artist to secure a meeting with a studio head-and it led to a record deal. He convinced a bunch successful business executives to invest in an unprecedented business plan- and it turned into Marquis Jet. He sincerely offered to run a 100-mile race in Spanx to get the attention of the beautiful founder of the company-and ended up marrying her.

His life is about being bold and risky. And it's brought him plenty of rewards.

So when Jesse felt himself drifting on autopilot, he hired a rather *unconventional* trainer to live with him for a month-an accomplished Navy SEAL widely considered to be "the toughest man on the planet"!

Living with a SEAL is like a buddy movie if it starred the Fresh Prince of Bel-Air... and Rambo. Jesse is about as easy-going as you can get. SEAL is...*not*. He even shows up at Jesse's apartment with an inflatable raft *just in case* the Itzler family ever has to escape Manhattan by crossing the Hudson River.

Jesse and SEAL's escapades soon produce a great friendship, and by the time SEAL leaves, Jesse is in the best shape of his life, but he gains much more than muscle. At turns hilarious and inspiring, *Living with a SEAL* ultimately shows you the benefits of stepping out of your comfort zone.

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