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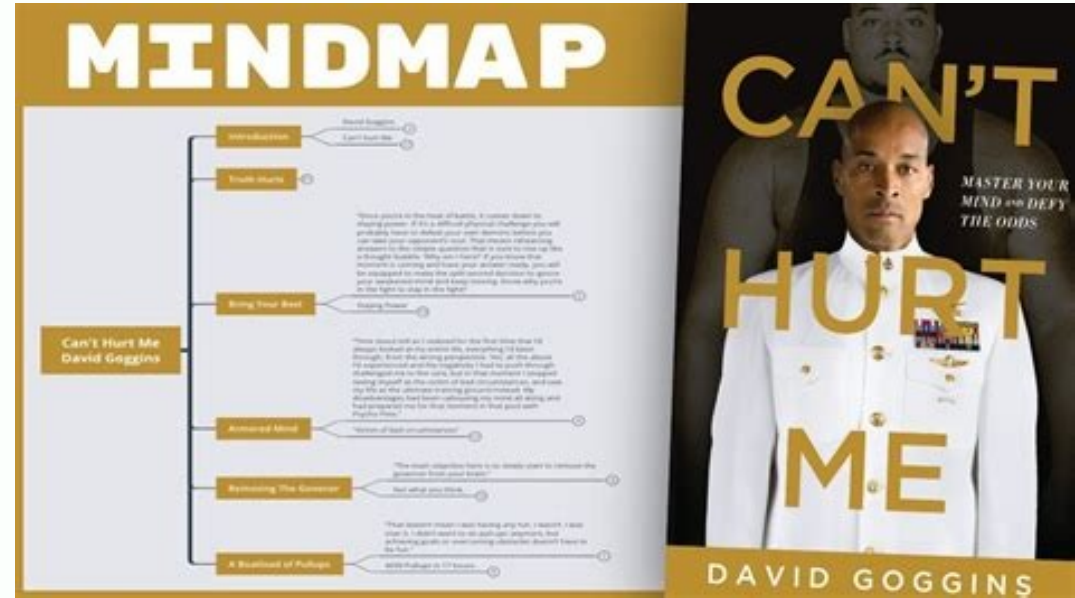
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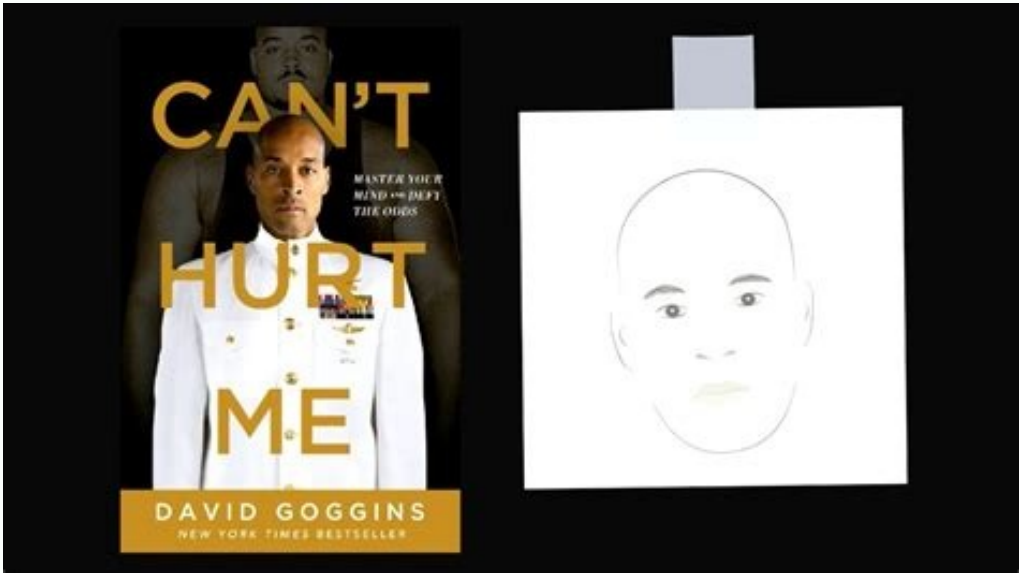
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Audio book can t hurt me david goggins

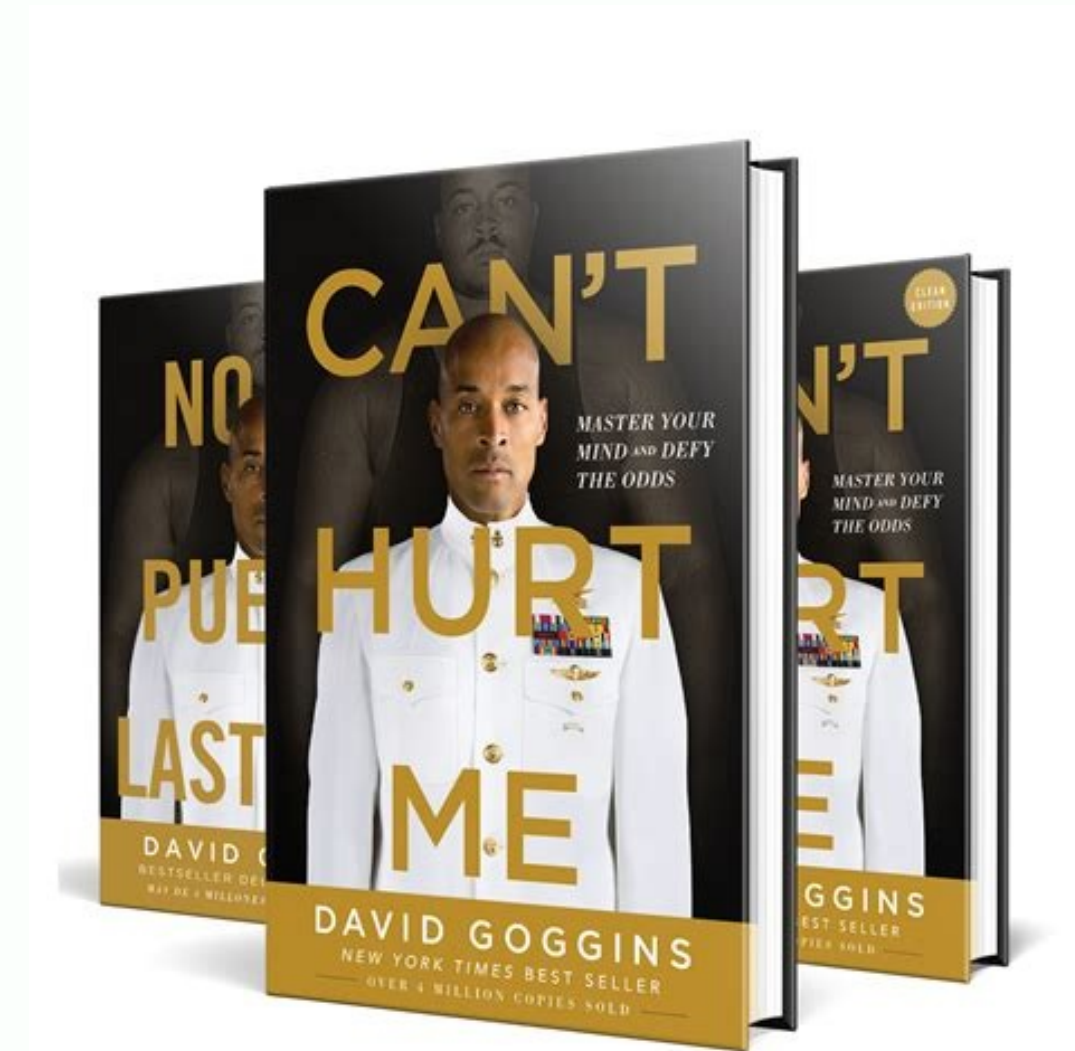
New York Times bestsellers. It sold over five million copies. David Goggins' childhood was a nightmare: his days were colored by poverty, prejudice and physical abuse, and his nights were painful. [gerohufu](#)



Sorry! Something went wrong. Is your network connection unstable or is your browser out of date? New York Times bestsellers. It sold over five million copies. David Goggins' childhood was a nightmare: his days were colored by poverty, prejudice and physical abuse, and his nights were painful. However, through self-confidence, mental strength and hard work, Goggins transformed himself from a depressed, overweight young man with no future into an icon of the American military and one of the world's top resistance athletes. The only man in history to undergo elite training as a Navy SEAL, Army Ranger, and Air Force tactical air controller, he went on to set records in several endurance events, inspiring an outside magazine to name him the (true) fittest man in America. . In Can't Hurt Me, he shares his amazing life story and discovers that most of us only reach 40% of our potential. Goggins is callingBut through self-discipline, mental toughness and hard work, Goggins transformed himself from an overweight, depressed young man with no future into an icon of the American military and one of the best endurance athletes in the world. The only man in history to receive elite training as a Marine, Army Guardsman and Air Force tactical air commander, he set records in numerous endurance events and inspired those outside the magazine to call him the best (real) man in America. In "He Can't Hurt Me," he tells his incredible life story and discovers that most of us only use 40 percent of our potential. Goggins calls it the 40 percent rule, and his story illuminates how anyone can overcome pain, crush fears, and realize their full potential.



Goggins calls it the 40% rule, and his story sheds light on a path anyone can follow to overcome pain, eliminate fear, and reach their full potential. The Can't Can't Charl Me Edition includes over two hours of bonus content with deeper insights and never-before-told stories shared by David for the first time. Not available in other formats.



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