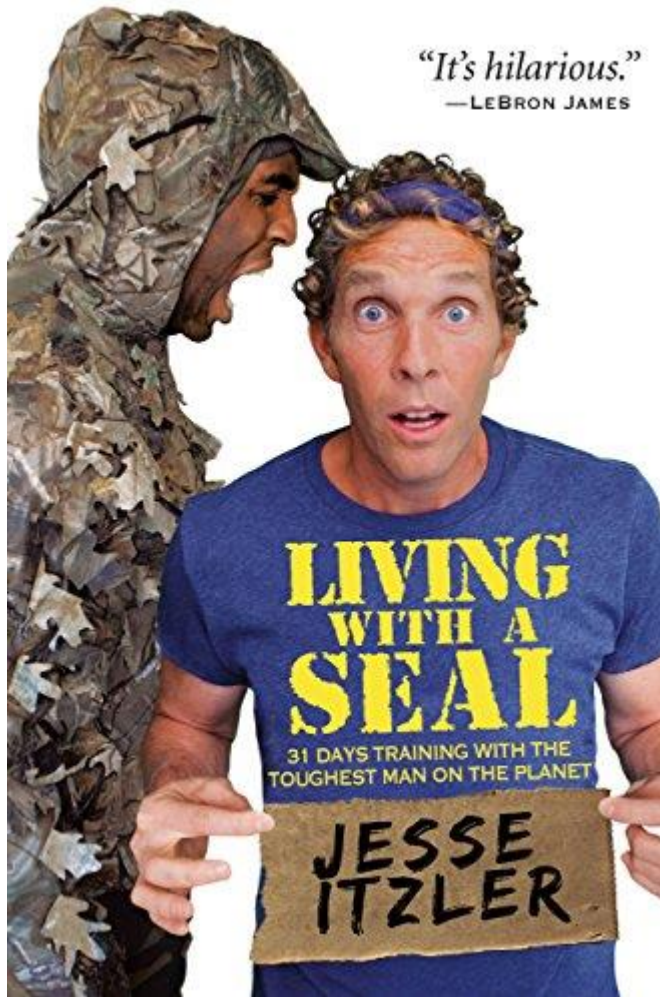


# Living with a Seal by Jesse Itzler Book Summary



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- **JESSE'S QUOTES**

- Routine can also be a rut. Many of us live our lives on autopilot. We do the same thing every day; wake up, go to work, come home, have dinner. Repeat.
- Research shows that stepping out of our routines in life is great for the body and spirit...the brain too. Mix it up! Do the outrageous; think out of the box. Life is short, why not? As SEAL says, "this ain't a dress rehearsal, bitch."
- Break up that same routine.
- Failure is just life's way of nudging you and letting you know you're off course.
- Any time when you live a little outside of the norm people look at you: (a) with some admiration and (b) like you're crazy.
- The journey really is more important than the destination.
- You can be fit without being healthy, but you can't be healthy without being fit. Meaning...you can be in great shape on the outside, but if you don't eat great and don't take care of your insides, you aren't necessarily healthy. History shows us there were plenty of athletes who were in great shape but suddenly died of heart attack. Balance is key.
- What would SEAL Do?
- The persistence and perseverance to achieve a long-term goal is a key driver to success.
- Never Quit. And by constantly putting myself in situations that are challenging.

- **SARA'S QUOTES**

- Money is fun to make, fun to spend, and fun to give away. That sums it all up.
- Think of money as a big magnifying glass. If you are a good person before you had money...then money makes you an even better person. If you were a charitable person before you had money...then money makes you even more charitable. But if you were an asshole before you had money...well then, money makes you an even bigger asshole.

- **WORKOUT TIPS**

- Nickels and dimes. Five pull-ups (nickles) and then ten push-ups (dimes) every minute on the minute. Start every time the second hand is on the 12. If you finish in forty seconds, then you have twenty seconds of rest.

- **HEALTH TIPS**

- I eat only fruit until noon, read Fit for Life by Harvey Diamond.
- We use more energy for digestion than all other bodily functions combined. That's why we are usually tired after a big meal. That said, the average American will eat seventy tons of food in their lifetime. Imagine how hard the body has to work to process and break down all of that food. The more efficiently we can digest all this food and the less stress we put on the digestive process, the more energy we will have for everything else.
- According to Fit for Life, fruit is the perfect food because on top of being sweet and delicious, it's super-easy to digest. In fact, it is the only food that bypasses the stomach and is digested in the small intestines.

- **SEAL QUOTES**

- Every day do something that makes you uncomfortable.

- Control your mind.
- I like to sit back and enjoy the pain. I earned it.
- I'm the surprise-or. Not the surprise-ee.
- I don't do shit for applauses. I don't do shit for fanfare. I do shit for me.
- I don't think about yesterday. I think about today and getting better.
- It doesn't have to be fun. It has to be effective.
- Don't EVER underestimate the power of adrenaline.
- When you think you're done, you're only at forty percent of what your body is capable of doing. That's just the limit that we put on ourselves.
- I don't need new friends. I like to keep my shit lean and tight.
- If it doesn't suck, we don't do it.
- I just like to go to sleep hungry...so I wake up hungry. Life is all about staying out of your comfort zone.
- If you want to be pushed to your limits, you have to train to your limits.
- Whatever you got going on, someone else has more pain. You gotta learn how to fight through it. No matter what it is...Think about someone else and take a suck-shit pill.
- You can get through any workout because everything ends.
- Don't get too comfortable. Ever.
- It's not what you do, it's when and how you do it. It's all about the conditions. Remember that.
- Finish the first thing on my list with 100 percent focus and then attack the next.
- Fear is one of the best motivators. Anger is the other.
- I don't celebrate victories, but I learn from failures.
- With fitness there's never a finish line. You can always do better.
- If you don't challenge yourself, you don't know yourself.
- I don't stop when I'm tired. I stop when I'm done.
- I just think you don't give your lives enough credit.
- If you can see yourself doing something, you can do it. If you can't see yourself doing something, usually you can't achieve it.
- The only easy day was yesterday.
- You only get one shot at life and you should find out what's in your reserve tank. Coasting is for "pussies."