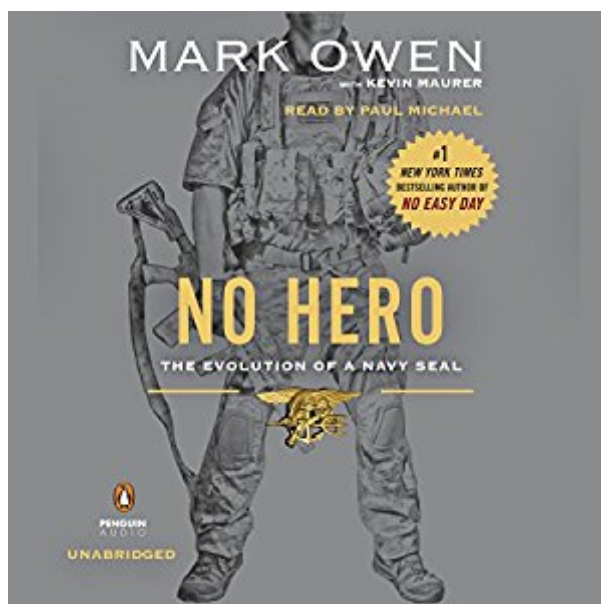


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# No Hero: The Evolution Of A Navy SEAL



## Synopsis

The second book by former Navy SEAL Mark Owen, following his multimillion-copy classic about the bin Laden mission *No Easy Day*, in which he tells the stories from his career that were most personal to him and that made him the operator and the person he is today. While Mark Owen's instant New York Times best-seller *No Easy Day* focused on the high-profile targets and headline-grabbing chapters of the author's career, *No Hero* will be an account of the most personally meaningful missions from Owen's 13 years as a SEAL, including the moments in which he learned the most about himself and his teammates, in both success and failure. Mark Owen describes his intentions for his second book best: "I want *No Hero* to offer something most books on war don't: the intimate side of it, the personal struggles and hardships and what I learned from them. The stories in *No Hero* will be a testament to my teammates and to all the other active and former SEALs who have dedicated their lives to freedom. In our community, we are constantly taught to mentor the younger generation and to pass the lessons and values we've learned on to others so that they can do the same to the guys coming up after them. This is what I plan to do for the reader of *No Hero*." Every bit as action-packed as *No Easy Day*, and featuring stories from the training ground to the battlefield, *No Hero* offers listeners an unparalleled close-up view of the experiences and values that make Mark Owen and the men he served with capable of executing the missions we read about in the headlines.

## Book Information

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## Customer Reviews

No Hero is a fast-moving, episodic account of "Mark Owen's" 13 year career as a U.S. Navy SEAL. I really enjoyed this book, although I wish it would have been a bit longer (in addition to being fast-moving, it was also a quick read). This review is intended to give you a detailed overview of the book's organization and content in hopes that you will join me in supporting the author by buying and reading it! No Hero is an admirable follow up to Owen's controversial No Easy Day. Overall I think No Hero is the better of the two books. That being said, I wholeheartedly agree with the other reviewers who have suggested that you read No Easy Day first. However, readers well-versed with the Navy SEALs, or other special operations units, will be able to jump right into No Hero. Rather than simply presenting a chronological overview of his time with the SEAL Teams, Owen's narrative jumps around in time and place to give us snapshots from his selection, training and operations. Each chapter is centered around a significant incident or event. In turn, each chapter is also intended to illustrate a key principle or lesson learned, as reflected by the chapter subtitles: Purpose, Confidence, Fear, Stress, Mind-set, Trust, Communication, Relationships, Accountability, Discomfort, Evolution and Compartmentalization. This structure makes No Hero somewhat reminiscent of books like Pete Blaber's exceptional The Men, The Mission and Me (concerning Delta Force) and Richard Marcinko's The Real Team (concerning the SEALs). No Hero begins with a moving prologue describing the author's personal response to news of the downing of a CH-47 helicopter in Wardak province, Afghanistan. This was a notably tragic event for the SEAL Teams (and U.S.

"No Hero" is refreshingly self-effacing. This is the story of a SEAL who's afraid of heights and who doesn't like the water. His account of getting stuck and freaking out while rappelling high on a rock precipice is funny as hell. I'm sure I will always remember the advice he got from his ex-con instructor high up on that cliff -- about staying in a three-foot world -- and it already has come in handy. This book has a contemplative and fearlessly veracious writer at the helm. It opens not with SEAL team derring-do, but with two SEALs sitting in the dark on a backyard deck in Virginia Beach learning by text messages that a dozen of their SEAL buddies were just killed in Afghanistan. The names slowly trickle in on cell phones over the course of the night and a 12-pack. SEAL books tend to be rah-rah stories that depict mythic superheroes, caricatures with no human frailties (Dick Couch books come to mind, but I still read them). And most are written on a high school level. These authors say they're writing to inspire young men, so maybe their books are simplistic by design. But for this adult, the cool guns, exciting maneuvers and the well-known hell of SEAL training are entertaining but ultimately just a fast read with very little to think about. I don't expect SEALs to earn

a Pulitzer along with their Silver Stars, but if I were their editor, I would ask them to dig deeper. Owen, on the other hand, goes beyond the firefights, and describes the aftermath -- the nightmare scenario of a cat licking a dead man's blood while a child looks on is just one scene among many of war's cascading horrors. This is a well-written book that stays with you long after you put it down.

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