



Mark Divine

Topics

Health and Wellness, Inspirational Speakers, Military and Defense, Mind and Brain, Motivational Speakers

Travels From

California

Bio

Influential thought-leader, lifelong martial-artist, dedicated Yoga and meditation practitioner, retired Navy SEAL commander, successful serial entrepreneur, best-selling author, selfless mentor and teacher—Mark Divine epitomizes his life calling to “*Be Someone Special.*” Upon graduating from Colgate University, Mark earned his Master in Business Administration from New York University’s Stern School of Business and then set out on a career as a CPA and consultant in New York City. His immediate foray into the business world as an auditor at Coopers and Lybrand (now known as “Price Waterhouse Coopers”) left him little time to contemplate his life and career trajectory. However, it was Mark’s personal and parallel journey into Zen meditation and Seido Karate in his early twenties that subtly revealed a different path. This one—closely aligned with what Mark discovered to be his true calling as a warrior-leader positively serving his country—encouraged him to, “*Be Someone Special*” as advertised by the Navy SEAL recruiting poster he discovered one evening after meditation practice. Inspired by those three simple words, a driven 25-year old Mark Divine traded in his suit and tie and began his journey into the most elite U.S. special forces unit, eventually graduating from the grueling

nine-month Navy SEAL selection program as the #1-ranked trainee in BUD/S class 170. Impressively, his entire original Boat Crew of 7 graduated as well, a rare feat with no known precedent. That was the first Elite Team that Mark helped to forge. Over the course of twenty years of service as a SEAL officer, Mark continued experimenting to create a unique training methodology incorporating innovative mental, emotional, physical, and team training techniques to elevate both his own, as well as his team's performance. Upon reflection, Mark recognized the immense value that his unique training methods provided, particularly in tapping massive potential and aligning with one's life's calling, as he did in his mid-twenties. With a desire to help others recognize their own potential, Mark left the Navy and jumped back into the business world as an entrepreneur. This time he was armed with vast experience as a SEAL leader, over twenty-five years mastering meditation, and a drive to bring meaningful and positive change to the world. His rich experiences paved the way for his creation of the integrated functional fitness company, *SEALFIT*, followed by the comprehensive embodied leadership corporate training company, *Unbeatable Mind*. Both *SEALFIT* and *Unbeatable Mind* build upon Divine's *Five Mountain*TM philosophy, with each mountain—Physical, Mental, Emotional, Intuition, and Spiritual—personifying a unique developmental aspect of an individual's journey on their quest to fulfill their true calling in life. Mark's own journey has led him to host a #1-ranked podcast on iTunes (Mark Divine's *Unbeatable Mind*), and author numerous best-selling books, including *New York Times* best-seller *8 Weeks to SEALFIT*, *Unbeatable Mind*, the *Wall Street Journal* bestseller *The Way of the SEAL*, and *Kokoro Yoga*. His latest bestseller is *Staring Down the Wolf*, which highlights the 7 Commitments essential to building elite teams. Divine is a living example of an authentic leader, influencer, and teammate committed to the journey of self-awareness and the integration of heart, mind, and life lessons to empower others to thrive. Today Mark's influence and vision expand well beyond his military or business capabilities as a leader. Driven by a calling to serve others, he works daily towards his life goal of teaching and inspiring 100 million people to become world-centric leaders by 2045. In doing so he envisions a more resilient and peaceful world with a global perspective. Grateful for his own lessons learned along the way, Mark leads by example and endeavors to help as many people as possible on their life journey to similarly "*Be Someone Special*."

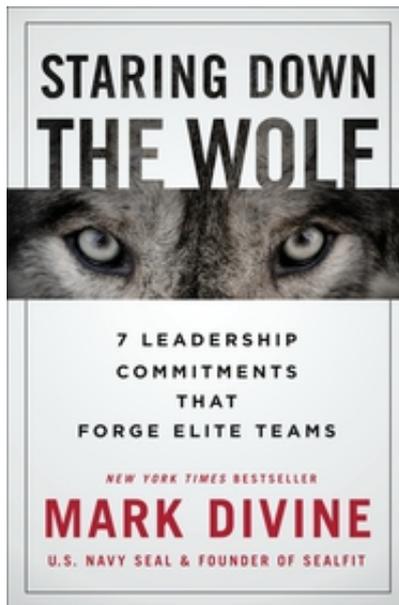
SPEECHES

The Way of the SEAL: Forging Mental Toughness and Emotional Resiliency Develop an unbeatable mindset and be the leader you always knew you could be.

The Seven Leadership Commitments that Forge Elite Teams

The Unbeatable Mind Develop mental clarity, concentration, awareness, leadership authenticity, intuition, offensive "sheepdog" mindset and warrior spirit.

BOOKS

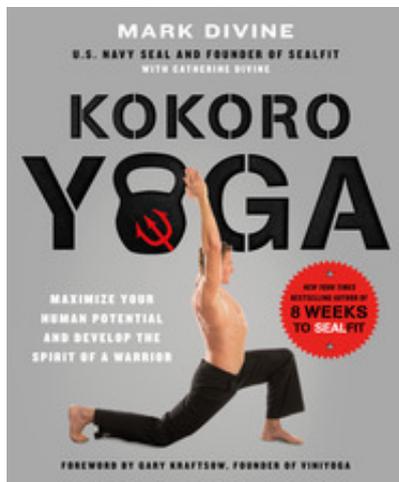


Hardcover

[Staring Down the Wolf](#) 7 Leadership Commitments That Forge Elite Teams

St. Martin's Press

What does it take to command a team of elite individuals? Retired Navy SEAL Commander, Entrepreneur, and New York Times Best Selling Author Mark Divine (founder of SEALFIT, NavySeal.com, and Unbeatable Mind) reveals what makes the culture of an elite team, and how to get your own team to commit to serve at an elite level. Using principles he learned on the battlefield, training SEALs, and in his own entrepreneurial and growth company ventures, Mark knows what it is to lead elite teams, and how easily the team can fail by breaching these commitments. Soon to release on March 3, 2020.



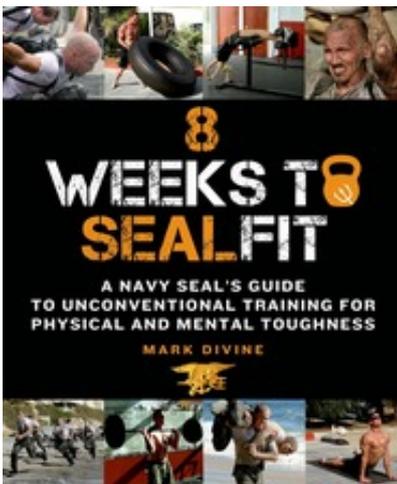
Paperback

[Kokoro Yoga Book](#) Forge Resiliency and Mental Toughness

St. Martin's Griffin

Kokoro Yoga, by New York Times bestselling author and former U.S. Navy SEAL Mark Divine, is

an integrated physical, mental, and spiritual training, designed initially for the nation's elite special-ops soldiers and now taught to anyone seeking to develop the heart and mind of a warrior. Kokoro, the Japanese concept of warrior spirit?or merging heart and mind into action?is the central focus of Divine's new approach to teaching yoga. Coach Divine's decades of experience with amateur and professional athletes, active and aspiring Navy SEALs, and wounded warriors uniquely qualifies him as an expert motivator and teacher. His methods have been tested by the toughest warriors in the world. Use this book as a guide to experience the profound power of yoga as a developmental system that will allow you to break through any barriers holding you back.



Paperback

[8 Weeks to SEALFIT](#) A Navy SEAL's Guide to Unconventional Training for Physical and Mental Toughness-Revised Edition

St. Martin's Griffin

8 Weeks to SEALFIT plunges you into more than a workout program. Mark Divine's stories and assignments will develop your mental, emotional, intuitive and spiritual warrior as well as your

physical warrior. These 8 weeks will be hard. Mark will push your physical body to its limits and test your inner resolve. You'll be tempted to give up. But if you embrace the suck of the challenge, you'll begin to win. The stories and adventures Mark takes you on — escaping battlefield danger, calming yourself when there's no way out, learning to trust your gut — will tap into more power than you knew you had. You'll thrive in a teamwork setting. You'll learn to laugh and not take your circumstances so seriously. You'll even know how to functionally train without equipment. This is the ground-breaking training that increases SEALFIT athletes' overall endurance, work capacity, and toughness. Be someone special. Let's get started.

REVIEWS: "Thank you for presenting at our 2019 USA Football Conference. Your motivating insight and heroic perseverance captivated our ballroom of coaches and administrators. You delivered a presentation that will further inspire them to serve their young athletes."

—Scott Hallenbeck, CEO USA Football

"Commander Mark Divine was incredible! I particularly learned a lot from the 'Box Breathing' exercise he demonstrated and plan to implement it immediately. Great stuff!"

—Northwestern Mutual Conference

Praise for *Kokoro Yoga: Maximize Your Human Potential and Develop the Spirit of a Warrior--the SEALfit Way* "Every CrossFit athlete and modern-day warrior needs to incorporate yoga into their life, and this book will teach you how. Mark's teachings have changed my life, and they will change yours too."

—Greg Amundson, former DEA Special Agent, business owner, and CrossFit Law Enforcement Liason

"Mark has redefined yoga for me.... With his integrated approach, he is able to whittle down its complexities into actionable sequences that not only energize and strengthen my body, but also heighten my mental focus and spiritual awareness. Bravo Zulu."

—Chriss Smith, U.S. Navy SEAL, owner of Trident CrossFit

"As a former Naval Special Warfare Sniper Course manager I know the importance of developing a solid mental and physical training program. To be candid, 8 Weeks to SEAL FIT is the best program I've come to know outside of someone actually going through SEAL training. If you're looking for a quick start fitness gimmick then move on, if you want to adopt a program that promotes lifestyle fitness and mental toughness then get Mark's book, it will change your life for the better."

—Brandon Webb, Navy SEAL, New York Times Best Selling Author and Editor of SOFREP.com on 8 Weeks to Sealfit

Praise for 8 WEEKS TO SEALFIT “Will appeal to readers looking to be pushed beyond their limits.”

—*Publishers Weekly*

“The best program I've come to know outside of someone actually going through SEAL training.”

—Brandon Webb, Navy SEAL, *New York Times* bestselling author

“I will not only ‘TRY’ I will continue to work to accomplish every goal I have and also continue to imagine the feelings and actual accomplishment of that goal.”

—Lindsey Valenzuela, Champion, 2nd Place in Women's Division, 2013 Crossfit Games and SEALFIT Kokoro graduate