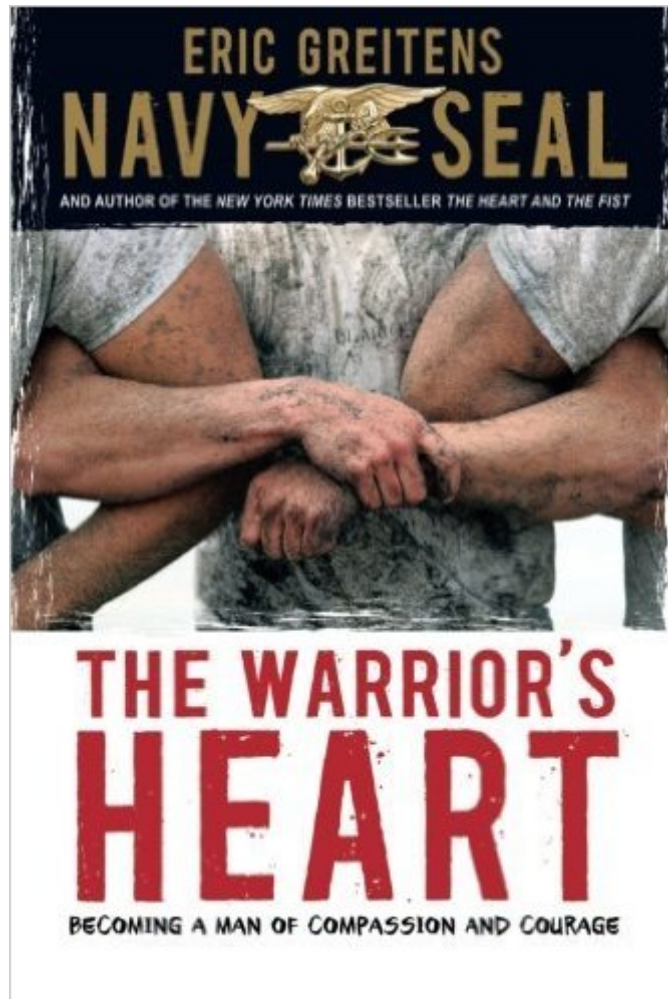


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# The Warrior's Heart: Becoming A Man Of Compassion And Courage



## Synopsis

In this adaptation of his best-selling book, *The Heart and the Fist*, Eric speaks directly to teens, interweaving memoir and intimate second-person narratives that ask readers to put themselves in the shoes of himself and others. Readers will share in Eric's evolution from average kid to humanitarian to warrior, training and serving with the most elite military outfit in the world. Along the way, they will be asked to consider the power of choices, of making the decision each and every day to act with courage and compassion so that they grow to be tomorrow's heroes.

## Book Information

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Shipping Weight: 8.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (102 customer reviews)

Best Sellers Rank: #50,356 in Books (See Top 100 in Books) #10 in [Books > Teens >](#)

[Biographies > Social Activists](#) #21 in [Books > Teens > Personal Health > Self-Esteem](#) #32 in [Books > Children's Books > Biographies > Social Activists](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

If your family is like ours, you are running your kids to soccer, basketball, boy scouts, school events and on and on and for what purpose? We do this to allow our kids to broaden their horizons, we do this for our kids to be well-balanced, to be social... right? After reading Eric Greiten's first book, "The Heart and The Fist," I thought, "What was it that his parents did to make this person make these decisions? Who were his teachers, what influenced him, and more importantly, aren't these the lessons I should be teaching my sons versus racking up 200 miles a week being a chauffeur to them." Now don't get me wrong, I love watching my kids perform in their various events and sports, but is that what we should be doing to teach them to become great contributors to society? Then I heard about Eric Greiten's next book and I read about the audience it is targeted to and I thought, "I

can't wait to buy this for my sons!" I did and I asked my older son to read 10 pages a night to his younger brother and then at dinner we discuss what "Mr. Eric" was faced with, what he decided to do, if they think it was the right decision, and more importantly what would they have done. My sincere thanks to Eric and his team, our dinner table discussions are some of the best we have had in a long time. My single greatest success in life will be for my boys to become strong men of integrity, grace and courage... everything "The Warrior's Heart" is about. Thank you for giving our family a great tool to provide incredible dinner table discussions with our boys!

I've read Eric Greitens' incredible life story in *The Heart and the Fist: the Education of a Humanitarian, the Making of a Navy SEAL*; a compelling autobiography by a young man who has successfully fused two of life's paths which most consider diametrically opposed -- humanitarianism and force. Now, in *The Warrior's Heart*, he retells this story with a new focus aimed at teen readers. Here, he shares more of the emotions he felt, he shows us more about his family, and he consistently asks the reader *What Would You Do?* after he presents the tough choices he's made along the way. One of my favorite by-products from the book is how it leaves teen readers with the awareness that they aren't limited to just being one way or just doing one thing with their lives. Two great available extras are the *Teacher's Guide* for classroom use and the *Mission Planning Guide* to help the reader start planning his/her own life's adventure of doing for others. As a professional Young Adult Librarian, I'd recommend this book for classroom discussions and book groups in addition to individual readers. I think teachers (and their students) will love this book.

Eric Greitens' YA entry, *THE WARRIOR'S HEART*, is an adaptation of his previously-published memoir, *THE HEART AND THE FIST*. The episodic nature of this book will make it a popular title on the nonfiction shelf. Greitens first talks about his experiences with boxing lessons and humanitarian trips to Bosnia, Rwanda, and Bolivia. Each serves as concrete evidence of the author's self-discipline and commitment to others. And each is depicted in Greitens' spare, straightforward writing style. From these early missions, the book moves into Greitens' long road to becoming a Navy SEAL. The reader is treated to snapshots of many of his comrades and the training regime they suffered to become one of these rare warriors. Though never heavy-handed, Eric Greitens also uses the people he meets as character examples -- men that inspired him. Young people should be moved by these examples, as well as by Greitens' call to action at the end of the book, where he asks that they answer the call to serve by volunteering and making their world (country, town, school, neighborhood, family) a better place. Suitable for middle and high school readers.

Said the Senior Chief to his men in BUD/S training after a morning run: "...Let me tell you what it means to be a frogman. You know how a real frogman treats women? If you're a real frogman, every time a woman leaves your side, she'll feel better about herself". An excellent insight -- a GOOD thing to do, and Truth be told, every time ANYONE leaves your side, they should feel better about themselves. The greatest strength IS compassion -- empathy -- in any field of endeavor. Eric Greitens demonstrates this in his desire and willingness to serve, to volunteer, in Africa (Zaire), Bolivia, Croatia -- as a young man in High School, then College. In doing so, he comes across so many examples of man "KIND"'s inhumanity to their fellow humans, and the tragic consequences wrought upon the survivors, mostly the children -- who bear the emotional not-always invisible scars. From children who grow up in a big hurry in Zaire, to the street children in Bolivia, casually sniffing glue to keep their minds off their misery (even when pregnant), Greitens' question: "What can WE do about this? NOW!!" has resulted in his Mission Planning Guide on his website (ericgreitens dot com / warriors heart), which strives to bring about mass awareness and action: "With the help of Youth Service America, one of our country's leading youth service organizations, Eric has developed a Mission Planning Guide for teachers, students, and volunteers who wish to plan and execute service projects in their community. This guide can be used as part of a school's service-project requirements or for class projects. It can also be distributed to members of service clubs, religious groups, or any other youth service-oriented organization." I enjoyed reading about Eric's boxing training and prowess, his instructors who not only built up his muscles and talents but his mind and will as well ( including being proud of his win, even when it was "just" a win by default. I hope this Planning Guide is used by many schools and volunteers coast to coast (and overseas as well). Eric's photos in this book bring home some of the horrors of war and poverty. Eric's desire to join the SEALs and the subsequent rigorous training and seeming "Nit Picking" rules and regulations he encounters only serves to impress on him (and the reader) the fact that there is a DISCIPLINED purpose to everything in his basic training. The Hell Week of Seal Training that makes or breaks a participant, was mind-boggling to read -- but the rigors they go through in this training (and only 10% of the participants succeeded in finishing) are those that prepare one to lead one's fellow-SEALs and empathize and work like a unit with them in situations and missions of grave importance and (most often) danger. Reading Eric's book right after I read Bryan Mealer's "Muck City" gave me TWO important outlooks on what makes a REAL winner -- inner drive, discipline, honesty with ones-self, the ability to function under intense pain (or in the case of Mealer's subjects -- intense poverty and lack) and empathy-in-action for those less

fortunate.

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