

in his first froglogic field manual for kids doc frog s physical training manual navy seal pt for kids navy seal motivational speaker david rutherford introduces special operations hero doc frog with professional comic book quality illustrations demonstrating step by step instructions doc frog s recruits are challenged to incorporate physical training good nutrition and a positive motivational mindset as an integral part of their everyday lives david and doc frog s mission is to sharpen kids physical and mental focus and emphasize the importance of living a team life in his first field manual for adults navy seal training self confidence navy seal motivational speaker radio show host and life coach david rutherford ignites readers to forge their own personal and professional self confidence by accepting 8 life missions as a navy seal and behavioral training specialist david has traveled the world and discovered the truth behind what enables the human condition to succeed in every environment he combines his personal experiences with over 70 years of proven operational successes of the seal teams to develop his unique common sense motivational philosophy called froglogic did you know that in the united states alone more than one in four children live in a home without a father when alec lace recognized this crisis and launched his parenting podcast 2018 his mission was simple to give dads an opportunity to encourage others by sharing the experiences and wisdom they ve gained during their respective journeys a few years and hundreds of interviews later including with many high profile dads from sports media politics the military and other industries alec has curated a rich collection of anecdotes that provides guidance and inspiration on a wide array of topics including but not limited to advice for about to be or new dads finance and education discipline dating and social life faith values and service fitness and health for both children and fathers how to be a fatherhood ambassador first class fatherhood will engage the reader with thought provoking ideas and realistic solutions from fathers who have been through it all alec believes that being a father is the most important role a man can play in the game of life and his hope is that this book will help change the narrative of fatherhood and family life and greatly reduce the number of children growing up without a father in the home java

Doc Frog's Physical Training Manual 2014-02-22

in his first froglogic field manual for kids doc frog s physical training manual navy seal pt for kids navy seal motivational speaker david rutherford introduces special operations hero doc frog with professional comic book quality illustrations demonstrating step by step instructions doc frog s recruits are challenged to incorporate physical training good nutrition and a positive motivational mindset as an integral part of their everyday lives david and doc frog s mission is to sharpen kids physical and mental focus and emphasize the importance of living a team life

Navy SEAL Training: Self-Confidence 2012-02-01

in his first field manual for adults navy seal training self confidence navy seal motivational speaker radio show host and life coach david rutherford ignites readers to forge their own personal and professional self confidence by accepting 8 life missions as a navy seal and behavioral training specialist david has traveled the world and discovered the truth behind what enables the human condition to succeed in every environment he combines his personal experiences with over 70 years of proven operational successes of the seal teams to develop his unique common sense motivational philosophy called froglogic

First Class Fatherhood 2022-04-12

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