

More Faster Backwards: Rebuilding David, A Journey of Hope and Healing

David Goggins is a former Navy SEAL and ultramarathon runner who has achieved incredible success in both fields. But his journey to success was not an easy one. Goggins grew up in a troubled home, and he was overweight and out of shape for much of his life.



More Faster Backwards: Rebuilding David B

by Bruce Sutherland

★★★★☆ 4.5 out of 5

Language : English
File size : 1775 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 320 pages
Lending : Enabled



In *More Faster Backwards*, Goggins shares his incredible story of overcoming adversity and achieving success. He describes his childhood, his time in the Navy SEALs, and his experiences as an ultramarathon runner. Goggins also offers valuable lessons on motivation, perseverance, and mental toughness.

More Faster Backwards is a powerful and inspiring memoir that will motivate you to achieve your own goals. Goggins' story is a testament to

the power of the human spirit, and it will show you that anything is possible if you set your mind to it.

About the Author

David Goggins is a retired Navy SEAL and ultramarathon runner. He is the author of the bestselling memoir, *Can't Hurt Me*. Goggins has also appeared on *The Joe Rogan Experience* and other popular podcasts.

Reviews

"More Faster Backwards is a powerful and inspiring memoir that will motivate you to achieve your own goals. Goggins' story is a testament to the power of the human spirit, and it will show you that anything is possible if you set your mind to it." - Jay Glazer, NFL Insider and TV personality

"David Goggins is a true American hero. His story is one of overcoming adversity and achieving success against all odds. *More Faster Backwards* is a must-read for anyone who wants to achieve their own goals." - Mike Rowe, host of *Dirty Jobs*

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