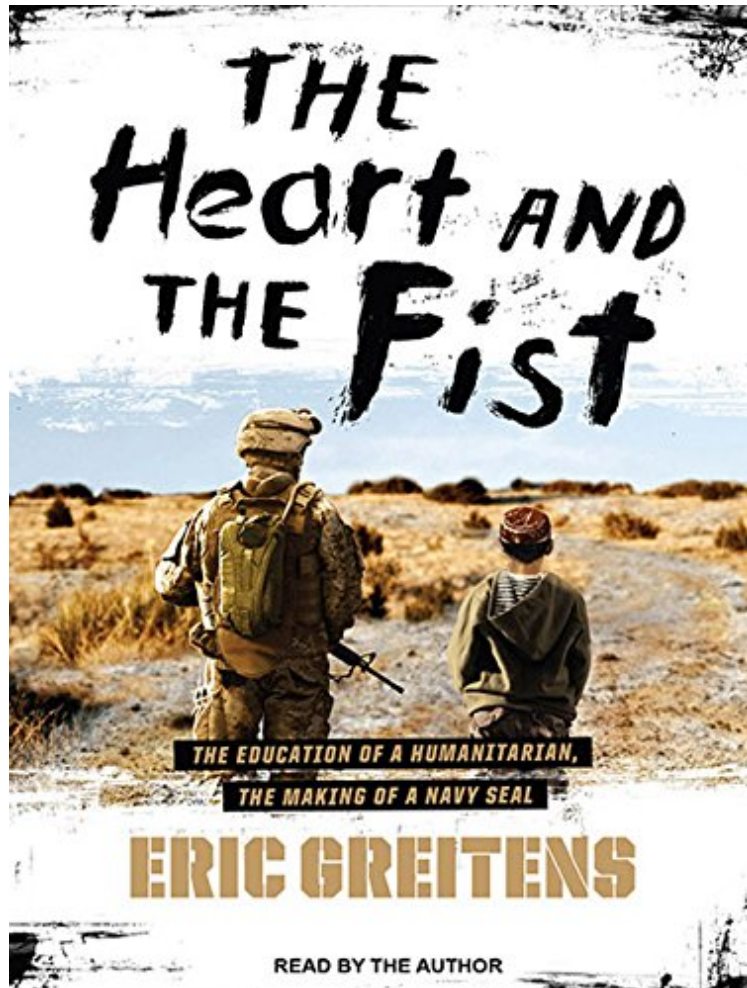


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# The Heart and the Fist: The Education of a Humanitarian, the Making of a Navy SEAL

Eric Greitens

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**Eric Greitens : The Heart and the Fist: The Education of a Humanitarian, the Making of a Navy SEAL** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Heart and the Fist: The Education of a Humanitarian, the Making of a Navy SEAL:

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education of a humanitarian and the training of a Navy SEAL". It changed the way I think about war a little bit. The author tells the tale of wanting to help people after bloodshed and then becomes a SEAL so that he can hopefully prevent atrocities preemptively. 0 of 0 people found the following review helpful. " but this book was fantastic! I was going to write a note to ...By colleen dI am not someone who tends to read "war stories," but this book was fantastic! I was going to write a note to the author, and tell him how much I enjoyed reading this book! I am a nurse, I work in a VA hospital. I love taking care of our Veterans. I keep up on the news regarding war torn areas, and I know what some of our veterans have been through. This book "brought it home." From his days of volunteering, to becoming a navy seal, this book brought it all front and center. It gave a much better view of what really goes on. I am grateful that I read this book. And it has a little bit of humor to it! Thank you for a great book!

Like many young idealists, Eric Greitens wanted to make a difference. During college and afterward, he traveled to the world's trouble spots, working in refugee camps, serving the sick and the poor on four continents, from Gaza to Croatia to Mother Teresa's home in Calcutta, among others. Yet he could not prevent violence or save anyone from becoming a refugee; he could only step in afterward and try to ease the damage. So Eric joined the Navy SEALs and became an elite warrior. In a moving and inspiring memoir, told with genuine humility, Eric offers something new in the history of military memoirs: a warrior who wanted to be strong to be good, only to discover that he had to be good to be strong. Throughout his SEAL training and deployments in Kenya, Thailand, Afghanistan, and Iraq, the lessons of his humanitarian work bore fruit. The result is a lesson for us all: the heart and fist together are more powerful than either one alone.

.com A Note from the Author Dear Readers: As a kid growing up in Missouri, I loved reading stories about heroes like King Arthur, George Washington, and Pericles. Their lives were full of action and courage, and I wanted to capture that same sense of adventure in my own life. As I grew older, great mentors and friends have shown me that the path to adventure and purpose can be found in a life of service to others. These friends and mentors have come from many different backgrounds. I've been blessed to work with volunteers who taught art to street children in Bolivia and Marines who hunted al Qaeda terrorists in Iraq. I've learned from nuns who fed the destitute in Mother Teresa's homes for the dying in India, aid workers who healed orphaned children in Rwanda, and Navy SEALs who fought in Afghanistan. As warriors, as humanitarians, they've taught me that without courage, compassion falters, and without compassion, courage has no direction. They've shown me that it is within our power, indeed the world requires of us — every one of us — to be both good and strong. I hope the stories recounted in *The Heart and the Fist* will inspire you as these people have inspired me. They have given me hope and shown me the incredible possibilities that exist for each of us to live our one life well. --Eric Greitens