

author, date, time to read

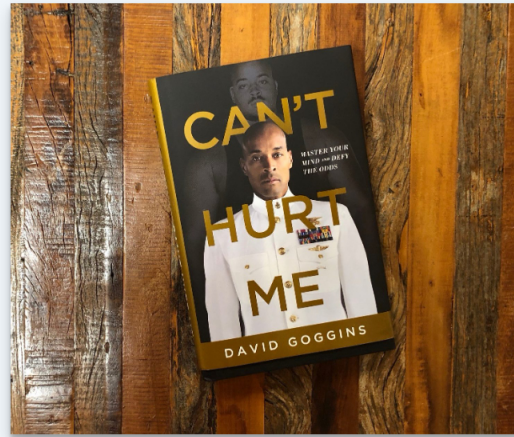
Zak Siewierski • Mar 22, 2023 • 2 min read

book title and book author(s)

Review: *Can't Hurt Me* By David Goggins

If you want a book that can transform your thinking and motivate you to be your best self, 'Can't Hurt Me' by David Goggins is an excellent choice.

book image



short summary on personal opinion of book before actual review

source of image

Herndon, Shannon. 2020. "Reflections from Our Bookshelf: Can't Hurt Me." *Forster Victor Wealth Advisors*. February 28.

short description of book

David Goggins overcame a difficult childhood and transformed himself and set many records. He's been recognized as "The Fittest (Real) Man in America" by *Outside* magazine.

full book review

David Goggins, a man of many achievements, has always been someone I've admired. My admiration for him was initially sparked by videos of his life and accomplishments that I came across on social media. Slowly I grew an interest and respect for him.

However, it was when I delved into his book that I truly began to comprehend the depth of his journey. Reading his book was like embarking on an expedition into his life, exploring the peaks and valleys of his experiences, and gaining a profound understanding of the man behind the feats. This deeper insight took my admiration for him to new heights, transforming it from a distant respect to a close-knit appreciation.

Goggins' life story is not just a tale of personal triumph, but also a powerful message for all of us. His experiences serve as a testament to the fact that we are all capable of achieving far more than we believe. Our self-imposed limits, the boundaries we set for ourselves, are often the biggest obstacles standing in our way. Goggins' story is a reminder that by pushing past these boundaries, we can unlock our true potential.

What's more, Goggins doesn't just share this message; he provides a roadmap to achieving it. He lays out practical steps that anyone can follow, leading us towards a path of self-improvement and achievement. It's not an easy path, but it's one that's achievable with determination and hard work. His perspective, backed by his own life experiences, has convinced me of the validity of this approach.

As for the book itself, it's nothing short of excellent. From the moment I started reading, I was hooked. The quality of the writing, coupled with the compelling nature of Goggins' story, made it impossible to put down. I was so engrossed in the book that I finished it in just two days. Even if you find yourself disagreeing with some of the messages, there's no denying that it's a captivating read. The book is not just a recounting of Goggins' life; it's a journey that engages the reader, challenges their beliefs, and leaves them with much to ponder upon. It's a testament to the power of the human spirit and the limitless potential that lies within each of us. So, whether you're looking for inspiration, motivation, or simply a good read, I highly recommend giving this book a try. You won't be disappointed.

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