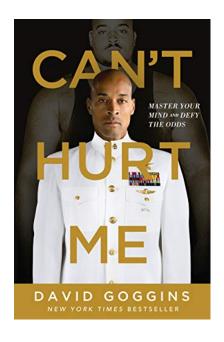
# Can't Hurt Me Book Summary (PDF) by David Goggins

Ready to learn the most important takeaways from Can't Hurt Me in less than two minutes? Keep reading!



### Why This Book Matters:

Can't Hurt Me outlines the success of David Goggins, Navy SEAL and ultra runner, after enduring a painful childhood that left him defeated.

## The Big Takeaways:

- 1. A lot was expected out of David Goggins as a child due to his father.
  - 1. If David was forced to work for his father every night, leaving him very little time to be a child.
- 2. Though David was able to distance himself from his father, the effects of the torment followed.
  - David found himself broke and struggling with the trauma of his past.
- 3. David lacked confidence in his early adulthood.
  - David's lack of education left him feeling defeated and incapable.

- 4. David used his goal of becoming a Navy SEAL to transform his entire being.
  - 1. Training to become a Navy SEAL let David change his mentality and his physicality.
- 5. Work ethic is David's advice for those wanting to achieve similar success.
  - 1. David believes that how hard you work is the only thing that will push you to success.

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