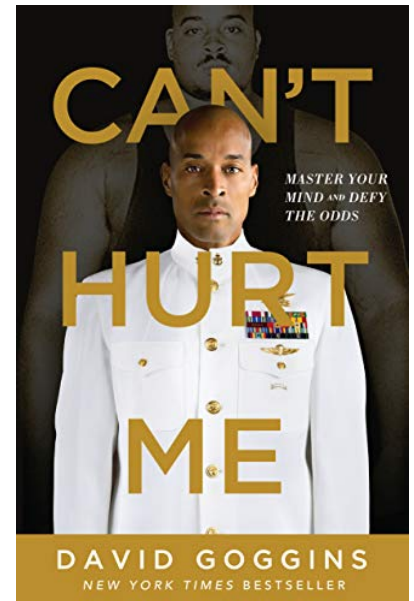


Can't Hurt Me Book Summary (PDF) by David Goggins

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.**
 1. David found himself broke and struggling with the trauma of his past.
3. **David lacked confidence in his early adulthood.**
 1. 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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