

The Heart and the Fist: The education of a humanitarian, the making of a Navy SEAL

By Eric Greitens

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THE HEART AND THE FIST shares one man's story of extraordinary leadership and service as both a humanitarian and a warrior. In a life lived at the raw edges of the human experience, Greitens has seen what can be accomplished when compassion and courage come together in meaningful service.

As a Rhodes Scholar and Navy SEAL, Greitens worked alongside volunteers who taught art to street children in Bolivia and led US Marines who hunted terrorists in Iraq. He's learned from nuns who fed the destitute in one of Mother Teresa's homes for the dying in India, from aid workers who healed orphaned children in Rwanda, and from Navy SEALs who fought in Afghanistan. He excelled at the hardest military training in the world, and today he works with severely wounded and disabled veterans who are rebuilding their lives as community leaders at home.

Greitens offers each of us a new way of thinking about living a meaningful life. We learn that to win any war, even those we wage against ourselves; to create and obtain lasting peace; to save a life; and even, simply to live with purpose requires us—every one of us—to be both good and strong.

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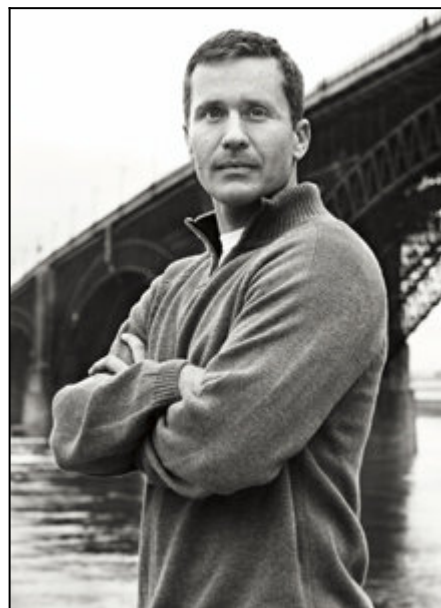
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A Note from the Author



Dear Amazon 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

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