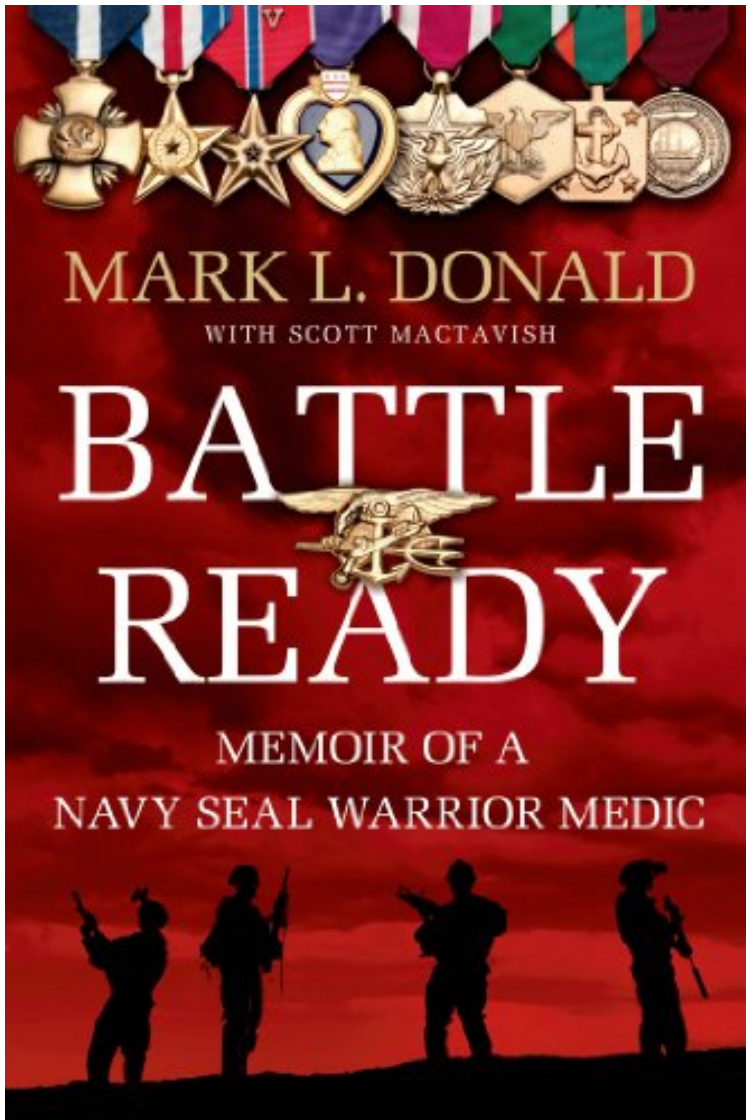


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# Battle Ready: Memoir of a SEAL Warrior Medic



*Par Mark L. Donald, Scott Mactavish*  
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**Par Mark L. Donald, Scott Mactavish :** **Battle Ready: Memoir of a SEAL Warrior Medic** before purchasing it in order to gage whether or not it would be worth my time, and all praised Battle Ready: Memoir of a SEAL Warrior Medic:

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## Description :

Prsentation de l'diteurThe gripping memoir of Navy Cross, Silver Star, Bronze Star, and Purple Heart recipient SEAL Lieutenant Mark L. DonaldAs A SEAL and combat medic, Mark served his country with valorous distinction for almost twenty-five years and survived some of the most dangerous combat actions imaginable.From the rigors of BUD/S training to the horrors of the battlefield, Battle Ready dramatically immerses the reader in the unique life of the elite warrior-medic who advances into combat with life-saving equipment in one hand and life-taking weapons in the other. It is also an uplifting human story that reveals how a young Hispanic American bootstrapped himself out of a life that promised a dead-end future by

enlisting in the military. That new life begins with the Marines and includes his heroic achievements on the battlefield and the operating table, and finally, of his inspirational triumph over the demons caused by Post Traumatic Stress Disorder that threatened to destroy him and his family. *Revue de presse* Although he doesn't like the term, Mark is a true American hero. *Battle Ready* is a well-written journey from training to combat to recovery. --Howard Wasdin, New York Times bestselling author of *Seal Team Six* *Battle Ready* is a compelling account of a remarkable American's journey in the military. Mark Donald's journey is unique and contains many lessons in life for everyone to reflect upon. There is no bravado and self-serving intent in this book. It is written from the heart from an American hero, and that alone makes it worth reading. Wade Ishimoto, Former Senior Advisor to Assistant Secretary of Defense, Special Operations / Low Intensity Conflict --Various Presentation de l'diteur The gripping memoir of Navy Cross, Silver Star, Bronze Star, and Purple Heart recipient SEAL Lieutenant Mark L. Donald As A SEAL and combat medic, Mark served his country with valorous distinction for almost twenty-five years and survived some of the most dangerous combat actions imaginable. From the rigors of BUD/S training to the horrors of the battlefield, *Battle Ready* dramatically immerses the reader in the unique life of the elite warrior-medic who advances into combat with life-saving equipment in one hand and life-taking weapons in the other. It is also an uplifting human story that reveals how a young Hispanic American bootstrapped himself out of a life that promised a dead-end future by enlisting in the military. That new life begins with the Marines and includes his heroic achievements on the battlefield and the operating table, and finally, of his inspirational triumph over the demons caused by Post Traumatic Stress Disorder that threatened to destroy him and his family.