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# Summary: Willink And Babin's Extreme Ownership: How U.S. Navy Seals Lead And Win



## Synopsis

This is a summary of Jocko Willink and Leif Babin's *Extreme Ownership: How U.S. Navy SEALs Lead and Win*. It provides insight into the attitudes and principles Navy SEAL teams develop to achieve their extreme combat mission goals and how they can be applied to any organization or team. Every chapter describes a certain theme, for example Cover and Move, Leading up the Chain, and Decentralized Command, detailing what they are, their importance, and ways of practicing them in a leadership situation. The book is a gripping listen, full of powerful teaching and direct uses. *Extreme Ownership* is bound to transform organizational leadership and dares all leaders to rise up and achieve their real goals - leading and succeeding. This summary is aimed at those who want to capture the gist of the book but don't have the time to listen to the whole thing. You get the main summary along with all of the benefits and lessons the actual book has to offer. Ant Hive Media reads every chapter, extracts the understanding, and leaves you with a new perspective and time to spare. We do the work, so you can understand the book in minutes, not hours.

## Book Information

Audible Audio Edition

Listening Length: 25 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Ant Hive Media

Audible.com Release Date: April 25, 2016

Language: English

ASIN: B01ENZJV8E

Best Sellers Rank: #322 in Books > Audible Audiobooks > Nonfiction > Study Aids #460 in Books > History > Military > Iraq War #992 in Books > Audible Audiobooks > History > Military

## Customer Reviews

I have the original book. Buying this without the original constitutes stealing in my opinion. Willink and Babin are extremely available on twitter and Jocko has a regular podcast that is amazing. If you can't afford the book right now start there, don't, however, support what I personally equate to plagiarism. Support our Veterans!

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