



Can't Hurt Me

by David Goggins · 2018 · 364 pages

In one line: You quit at 40 percent of what you can do. Callous the mind with voluntary hardship, keep an accountability mirror, and take souls.

Is it worth your time? Yes if you need a hard push and like memoir; the audiobook with the interviews is the best version. Skip it if you are burnt out or recovering; the method is a bludgeon and the book admits its costs.

Try this week: five things to do

- 1 Write three past hard things you got through on an index card (the cookie jar) and read it when you want to quit.
- 2 Put one honest sticky note on the bathroom mirror about the thing you have been avoiding, with the first step.
- 3 Next time you want to stop a workout or a task, do 10 percent more, then stop.
- 4 Audit one day in 15-minute blocks to find the hour you say you do not have.
- 5 Do one uncomfortable thing on purpose this week (cold shower, hard conversation) and notice you survived.

Tick each one off. When you miss a day, do the two-minute version the next day. Never miss twice.