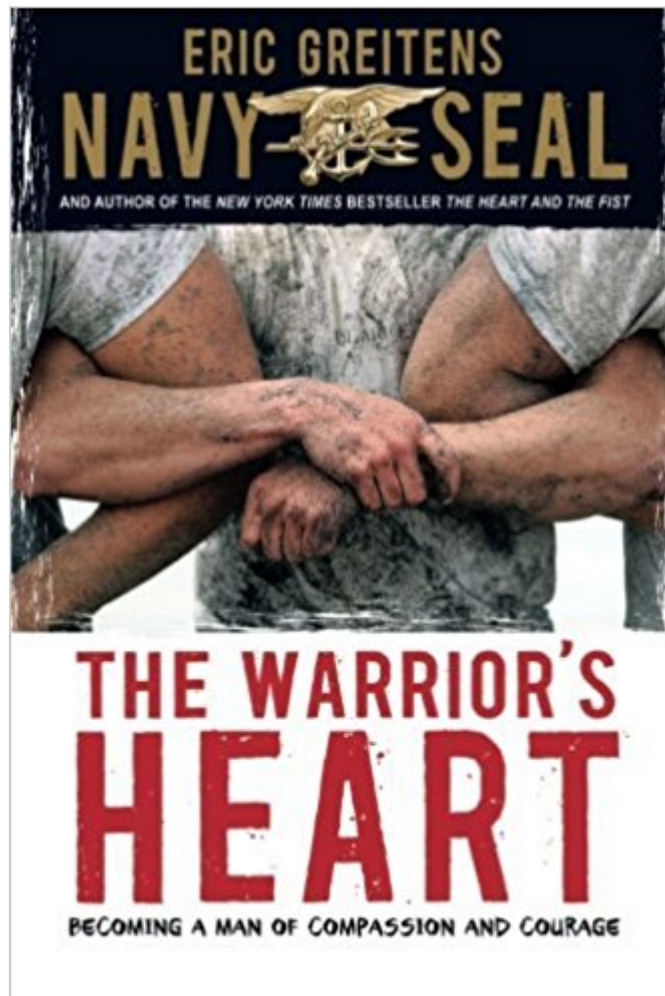




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The Warrior's Heart: Becoming A Man Of Compassion And Courage



Synopsis

In this adaptation of his best-selling book, *The Heart and the Fist*, Eric speaks directly to teens, interweaving memoir and intimate second-person narratives that ask readers to put themselves in the shoes of himself and others. Readers will share in Eric's evolution from average kid to humanitarian to warrior, training and serving with the most elite military outfit in the world. Along the way, they'll be asked to consider the power of choices, of making the decision each and every day to act with courage and compassion so that they grow to be tomorrow's heroes.

Book Information

Lexile Measure: 910 (What's this?)

Paperback: 288 pages

Publisher: HMH Books for Young Readers (February 3, 2015)

Language: English

ISBN-10: 0544104811

ISBN-13: 978-0544104815

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 8.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 115 customer reviews

Best Sellers Rank: #45,564 in Books (See Top 100 in Books) #13 in Books > Teens >

Biographies > Social Activists #25 in Books > Teens > Social Issues > Self-Esteem &

Self-Reliance #25 in Books > Teens > Personal Health > Self-Esteem

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Gr 8 Up-A former Navy SEAL describes his journey from aiding victims of violence to protecting people and, now, living a life of service. Modeling parts of his engaging memoir on the "Choose Your Own Adventure" stories he loved as a child, Greitens describes events along his path, preceding each with a short "You" segment presenting a moral dilemma taken from his own life. As a college student he began seeing the results of violence in the world with summers in China, Bosnia, and Rwanda. At home, he trained as a boxer to build his strength. After graduation he worked with Bolivian street children. At this point, halfway through the narrative, there is a series of black-and-white photographs. After a Rhodes scholarship to Oxford, realizing that "courage and compassion are two sides of the same coin," and determined to become someone who protected

those in need, he joined the Navy SEALs. That difficult training takes up most of the second half of the book, which concludes with a few scenes from his service in Iraq; a description of The Mission Continues, his nonprofit organization; and an exhortation to readers to live lives of service as well. Adapted from the adult title *The Heart and the Fist* (Houghton, 2011), this volume has been rearranged, shortened, and streamlined in ways sure to appeal its new audience. --Kathleen Isaacs, Children's Literature Specialist, Pasadena, MD (c) Copyright 2011. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted. --This text refers to an out of print or unavailable edition of this title.

A Kirkus® Best Teen Book of 2012 "An uncommon (to say the least) coming of age, retraced with well-deserved pride but not self-aggrandizement, and as thought provoking as it is entertaining." --Kirkus, starred review "Adapted from the adult title *The Heart and the Fist* (Houghton, 2011), this volume has been rearranged, shortened, and streamlined in way sure to appeal to its new audience." --School Library Journal "Greitens describes his adventurous life in a manner that many teen boys will find inspirational." --VOYA "It's no small feat to make a difference in somebody's life. By sharing these stories with young readers, [Greitens] now has a chance to make a difference in a few more." --The New York Times Book Review "[An] engaging and important book." --LA Times

I read this book as a recommendation for my high school students. We will be reading this as part of nonfiction literature circles. I really appreciate that this book shows a different side of why someone might join the armed services. It was great to hear about Greitens' desire to help others--and not his selfish motivation to be glorified for his service. I'm really impressed with his writing style. It is very clear but well described. For someone who is not necessarily considered a writer, his writing really grabs the reader. The only thing that I might change is to include more of his boot camp and war time stories since this appears to be a story about a Navy Seal.

Excellent book with many moving and Inspiring messages. I read this book at the recommendation of a friend who recently joined the Navy. I read this book while training for a 4mile obstacle course(which for an out of shape board gamer was a feat) and found its story of determination and self betterment to be great motivation.I have read many reviews that say this book has an underlying agenda and I have to say I disagree. The agenda is not underlying it is clear and present: SERVE. Do more than just for yourself, serve others albeit in the military or community service. Find a cause bigger than your self. People need help the world around and that is what (in

my Opinion) the message of this book is about.

Was bought as summer reading for my 14 year old son. He enjoyed the book and I read it as well. It was very inspiring and feel it is a good read for teen boys.

Given that Greiten's work is a scaled down version of his earlier " The Heart And The Fist " the author does a wonderful job of melding his divergent experiences together while, at the same time, presents clear and not to be forgotten lessons for young readers. A must read when one considers mental toughness and living a life of purpose.

My son is over forty. I sent him this for Christmas, writing only that "some of this is not for you" so he would get that I did not consider him a teen. Eric Greiten might write in short chapters, even as Dan Brown did in "The Vinci Code." But what he tells and how he tells it of personal encounters with real hard challenges, most ones he has chosen for growth, rivets a reader. This is a brief review and if it is to serve anyone, it has to help someone decide if this is his cup of tea. Don't buy this book if you cannot be inspired when you are too old to even dream of becoming a Navy Seal. I was a conscientious objector when Vietnam was raging. Eric Greiten is a conscientious and compassionate warrior way far along a path as humanitarian. I nominate him for a Nobel Prize for Peace.

Great book! Glad you are our governor Eric!

Well written, an easy read written especially for teens. My older son checked this out from his High School library and read it in about two days. I read it and thought it was truly inspiring so I ordered two copies, one for my younger son and one for my nephew. I think this is a must read for teenage boys. It's a great lesson on compassion, endurance and selflessness.

I enjoyed reading this book very much. I think this book is a very interesting story of what a person can do if he or she really puts in the effort. I also think the story is good for all people not just the young. I am in my sixties and I have been showing service for most of my life. It is rewarding helping others to be as successful as they can be.

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