

New Book By Navy Seal/Entrepreneur Offers Lessons For Unleashing Your Everyday Warrior

Everyday Warrior Book to Provide Guidelines for Leading a Life of Purpose and Fulfillment

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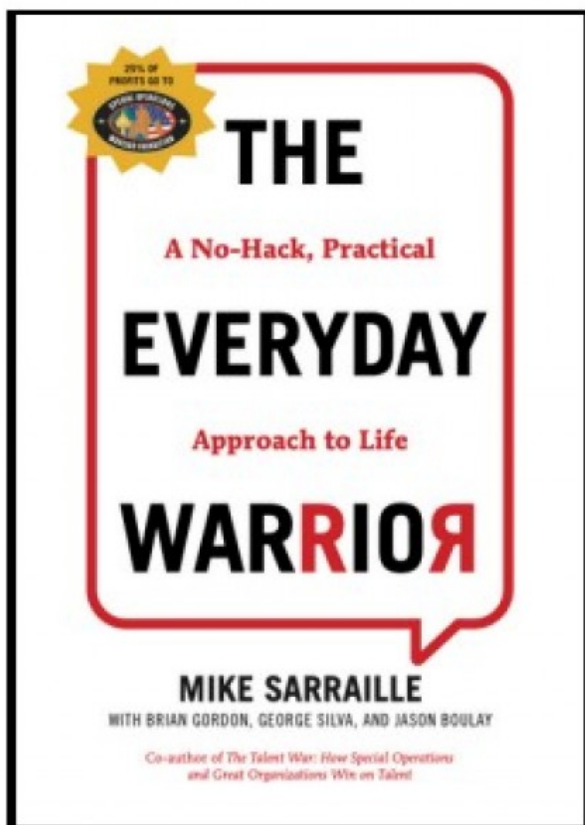
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NEW BOOK BY NAVY SEAL/ENTREPRENEUR OFFERS LESSONS FOR UNLEASHING YOUR EVERYDAY WARRIOR AND LEADING A LIFE OF PURPOSE AND FULFILLMENT

AUSTIN, TX -We all strive to live a life of purpose and fulfillment, yet few achieve it. Why? Because it is hard.

Relationships, careers, and physical fitness – all take work and effort. Despite our best intentions, it is easy to lose focus. False promises, quick fixes, and perfection promised by the digital culture can be overwhelming. The truth is, you cannot buy a life of purpose, and fulfillment does not come from shortcuts.

Have no fear – retired US Navy SEAL officer and former recon Marine, MIKE SARRAILLE's, *The Everyday Warrior* will be released on January 10, 2023, to provide you with a practical "no-hack" guide to approaching life with a healthy mindset, acting with intention, and focusing on physical, mental, and spiritual growth. Lasting success requires balance.



For media bookings for Mike Sarraille & review copies of *The Everyday Warrior* please contact Tamara Colbert at e: tamara@ironhorsepr.com or C: 626.244.5571

Austin, Texas Dec 6, 2022 ([IssueWire.com](https://www.IssueWire.com)) - We all strive to live a life of purpose and fulfillment, yet few achieve it. Why? Because it is hard. Relationships, careers, and physical fitness – all take work and effort. Despite our best intentions, it is easy to lose focus. False promises, quick fixes, and perfection promised by the digital culture can be overwhelming. The truth is, you cannot buy a life of purpose, and fulfillment does not come from shortcuts.

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With more than twenty years in Special Operations before founding Talent War Group, leadership development and executive search firm, Mike's experience provides personal and shared wisdom of other everyday warriors to overcome challenges, be resilient, and build positive life-changing habits.

As an everyday warrior, you will learn to transform setbacks into valuable lessons, turn small victories into remarkable achievements, and embrace the freedom of knowing that success is not the final destination, but part of the journey.

According to Mike, “In life, a lack of balance limits growth. Remember: you are not just a body, a mind, or a spirit; you are all three—a whole person.”

AUTHOR BIO: [MIKE SARRAILLE](#), a retired US Navy SEAL officer and former Recon Marine, served twenty years in Special Operations before founding Talent War Group, a leadership development, and executive search firm. As CEO, he leads an impressive team of experts who specialize in helping clients foster a culture of success by optimizing their company's most valuable resource: its employees. Mike is also the director of the Men's Journal Everyday Warrior franchise, which includes a critically acclaimed podcast. Recently, he founded ATTA, a performance-focused apparel brand born out of his Everyday Warrior concept and fueled by his passion for helping people succeed. An avid skydiver, Mike enjoys pushing the limits of what's possible. This inspired him to start Legacy Expeditions, an adventure capital firm that embarks on record-setting expeditions in honor of the brave men and women who lost their lives during the Global War on Terrorism. Learn more at mikesarraille.com and Talentwargroup.com.

Digital Copies are Available. Contact: Tamara Colbert, e: tamara@ironhorsepr.com, or c: 626-244-5571.

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25% OF PROFITS GO TO
SPECIAL OPERATIONS
READER FUNDATION

THE EVERYDAY WARRIOR

A No-Hack, Practical
Approach to Life

MIKE SARRAILLE
WITH BRIAN GORDON, GEORGE SILVA, AND JASON BOULAY

Co-author of *The Talent War: How Special Operations and Great Organizations Win on Talent*



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