

Deliberate Discomfort by Decorated Green Beret Veteran Jason Van Camp Now Available For Pre-order

Highly anticipated new book shows how embracing discomfort enables winning on the battlefield, in the boardroom, and in life

WASHINGTON DC , UNITED STATES , December 4, 2019 /EINPresswire.com/ -- It's a question that has been asked for centuries: What are the real lessons of war? And can those lessons be applied away from the battlefield? [Jason Van Camp](#) and his team of Special Forces combat veterans not only answer it, but relay lessons learned under fire to show you how: By embracing adversity and getting comfortable being uncomfortable.

Follow Mr. Van Camp's journey as a new Special Forces leader searching for leadership lessons amongst some of the most decorated combat veterans in the military. Hear from Medal of Honor recipient Florent Groberg about how his training prepared him to tackle a suicide bomber. How fellow MOH recipient Leroy Petry's never-surrender mentality gave him the strength to grab an enemy grenade and throw it, losing his hand but saving his teammates' lives. Together, the stories in [Deliberate Discomfort](#) paint a picture of how others' extreme circumstances and life or death situations are learning experiences we all can apply to our lives.

Mr. Van Camp attended and played football at West Point before earning his U.S. Army Ranger and Special Forces tabs. Major Van Camp then served as a Detachment Commander with 10th Special Forces Group, deploying multiple times to war zones in the Middle East and Africa, receiving three Bronze Stars, one with Valor.

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Deliberate Discomfort provides an intensely practical and enlightened path which challenges us to break out of our comfort zones.”

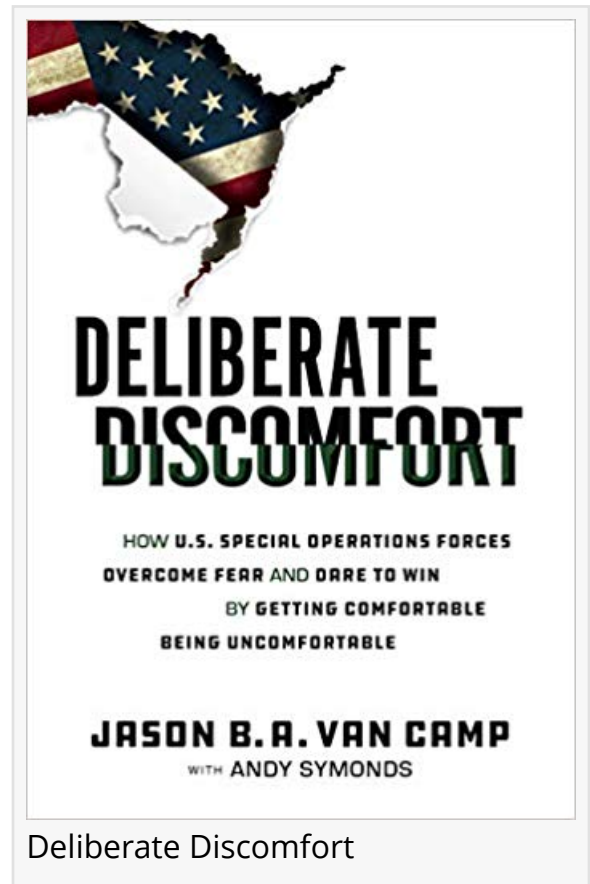
Former Secretary of the Dept of VA and P&G Head Robert A. McDonald

Now for the first time, he's sharing the stories of these twelve highly decorated combat veterans and relating their experiences to personal and business relationships.

Deliberate Discomfort: How U.S. Special Operations Forces Overcome Fear and Dare to Win by Getting Comfortable Being Uncomfortable is now available for pre-order at Amazon.com, Barnes and Noble and wherever books are sold, with a release date of February 18th, 2020.

Praise for Deliberate Discomfort has been pouring in from

all corners:



Former Secretary of the Department of Veterans Affairs and longtime Proctor and Gamble head Robert A. McDonald says, "Deliberate Discomfort provides an intensely practical and enlightened path which challenges us to break out of our comfort zones. It will undoubtedly be lauded by both military and non-military readers alike as a powerful catalyst for individual change."



Jason Van Camp, author of Deliberate Discomfort

Television and film actor and retired Marine Lt. Colonel Rob Riggie calls Deliberate Discomfort "Straight up authentic. For anyone that has ever wanted to overcome fear and do more in their life, Jason Van Camp doesn't just tell you to do it, he shows you how to do it. I have a renewed appreciation for the power of the human mind to dare to win."

Frank W. Abagnale Jr, portrayed by Leonardo DiCaprio in the film version of his best-selling book "Catch Me If You Can" calls Deliberate Discomfort "Gripping. Authentic. Engaging. Prodigiously researched, carefully argued, and gracefully written... a masterpiece."

Former Carolina Panthers coach Ron Rivera says, "This book provides leadership and life lessons that will stay with me for the rest of my career and life. Every leader should read it."

For more information on Deliberate Discomfort, visit: <https://mission6zero.com/>

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