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That there are some things we just can't do no matter how mentally tough we are. When we hit our genetic ceiling, he said, mental toughness doesn't enter into the equation.

Can't Hurt Me: Master Your Mind and Defy the Odds PDF

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For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes.

Can't Hurt Me by David Goggins

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