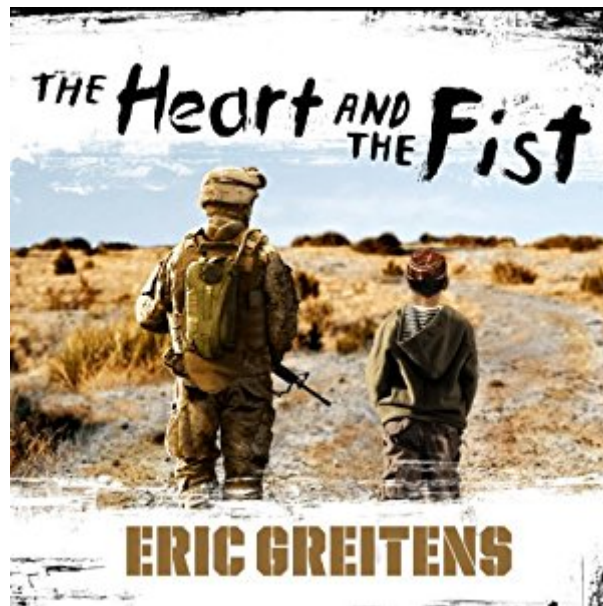


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# The Heart And The Fist: The Education Of A Humanitarian, The Making Of A Navy SEAL



## Synopsis

Like many young idealists, Eric Greitens wanted to make a difference. During college and afterward, he traveled to the world's trouble spots, working in refugee camps, serving the sick and the poor on four continents, from Gaza to Croatia to Mother Teresa's home in Calcutta, among others. Yet he could not prevent violence or save anyone from becoming a refugee; he could only step in afterward and try to ease the damage. So Eric joined the Navy SEALs and became an elite warrior. In a moving and inspiring memoir, told with genuine humility, Eric offers something new in the history of military memoirs: a warrior who wanted to be strong to be good, only to discover that he had to be good to be strong. Throughout his SEAL training and deployments in Kenya, Thailand, Afghanistan, and Iraq, the lessons of his humanitarian work bore fruit. The result is a lesson for us all: the heart and fist together are more powerful than either one alone.

## Book Information

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## Customer Reviews

The Heart and the Fist is a great read that should appeal to a wide audience. The author is a masterful story teller, and he has some very interesting stories to tell. The book opens with the author being blasted awake, literally, by a suicide truck bomb in Iraq. As he is medically evacuated he says goodbye to his second in command, Lieutenant Travis Manion, not knowing that Manion will soon be killed in action making the farewell permanent. Just like in a movie the main character, Greitens, then goes back in time to tell the story of how he got to that fateful moment in Iraq in the first place. The book can be divided into three sections. In the first section the author describes his

upbringing, education, and his foreign travel where he worked in humanitarian causes, and on furthering his education. This section of the book could easily be expanded into a standalone book of its own. Greiten's has been to the scene of some of the greatest humanitarian disasters of the last 20 years; places like Bosnia and Rwanda. He is able to tell the story of the average person in these terrible places, and capture them as people with whom the reader can readily empathize. Rather than dwelling on the misery at hand Greiten is always questioning why these situations were allowed to happen to begin with, and ponders the question of who should be responsible for preventing atrocities in places like Rwanda. At the same time that he is trying to help bring aid and healing he wonders what he should do to prevent humanitarian crisis from arising in the first place. In all his humanitarian work he has always been keenly aware that he is only a visitor, a temporary player on the stage who can exit to safety and comfort whenever he wants.

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