

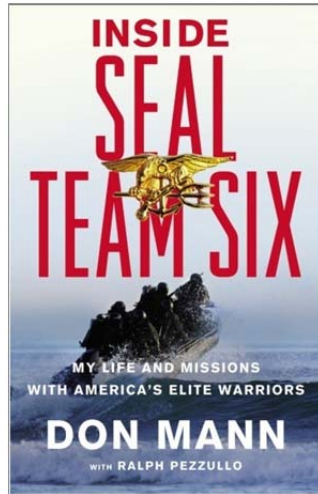
NEWS OF BOOKS AND AUTHORS

For immediate release

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***A New York Times Extended eBook Bestseller and a
Washington Post Political Bestseller***



INSIDE SEAL TEAM SIX: MY LIFE AND MISSIONS WITH AMERICA'S ELITE WARRIORS

By Don Mann
with Ralph Pezzullo

An extensive review by the U.S. government, including the Department of Defense, has found the information in *INSIDE SEAL TEAM Six: My Life and Missions with America's Elite Warriors* (Little, Brown and Company; Dec. 5, 2011; Hardcover), by the awesome Don Mann, so hot that it has had to be redacted—more than 5,000 words have been challenged by three separate government agencies. The true depth of Mann's experience and knowledge can be seen in these blacked-out passages; it goes even further than he is permitted to report.

But in no way have these redactions made the story of Mann's unbelievable experiences any less hair-raising. Here are just some of the most stomach-turning, edge-of-your-seat stories from his astonishing career that made it through the censors:

- **Operation Neptune Spear:** Mann trained many of the SEAL Team Six members who killed Usama bin Laden. These same SEALs serve beers to Mann and their other predecessors at reunions, regaling them with stories of state-of-the-art weapons they use to kill terrorists stealthily in the Middle East, while keeping pictures of the SEALs Mann **fought** with on the walls. They were the guys who paved the way—the originals.
- **A Day in the Life of SEAL Team Six:** Africa—Four SEALs, including Mann, are in a foul-water foxhole polluted with their own feces and vomit, on a top-secret mission. When they're discovered and must negotiate their way out of death's grip with men who speak no English, they're set free after hours at gunpoint—only to dive into **repugnantly polluted**, shark-infested waters to finish the mission.
- **Facing Death Every Day:** Training in the teams can and will get you killed, be it from the 29,500-foot night HAHO (high-altitude, high-opening) jumps or the live fire, and lots of it, every single day—and deployed up to 300 days a year. But no death is ever wasted, as it only serves to prepare the SEALs for every possible scenario.
- **Being the Best Means Pushing Things to the Limit and Beyond:** This is true, too, of the controversial goat labs for medics, where it is revealed here that a creatively maimed animal must be saved by their hands—just to be maimed again for a new lesson. But these possibly cruel sessions earned lifesaving medals for Mann and the eight men he trained when, after they fast-rope out of their Black Hawk

helicopter, they landed at the scene of an army helicopter incident. Seven Rangers were thrown from their helicopter at 70 feet in the air, and one was hit in the face by the rear rotor, becoming a pink burst.

- **Earning Nicknames the Hard Way:** Some of Mann's nicknames include Dr. Death, Don Maniac, and Sweet Satan. Many on the teams also know him as the "high-mileage SEAL"; with his dual careers in the teams and in extreme adventure sports, he's put in over 75,000 miles of running and 300,000 miles of biking. He's the director of Primal Quest—"The World's Most Challenging Human Endurance Competition"—and he's working his way through the world's highest summits, having climbed Denali and Kilimanjaro. Don Mann doesn't know the meaning of the word "stop"—though the teams he puts through PT (physical training) now sure wish it were part of his vocabulary. They gave him the loving nickname Warrant Officer Manslaughter.
- **Surviving Capture:** Training to survive and subvert captors is intense beyond imagining. Mann did, with flying colors.
- **SEAL Home Life:** Mann has been married three times. His first wife never got used to the long weeks apart, as SEALs are sometimes away from home for up to 300 days a year. His second wife opted to stay in Panama—she fell in love with the country while Mann was stationed there. His third wife is the *ex*-wife of a SEAL buddy of Mann's. Mann still happily runs into him at SEAL reunions. Mann and his wife, Dawn, are still married, and Dawn helps him run his extreme adventure sports event company. **Dawn is happy to talk about the massive challenges of being married to one of America's toughest warriors.**

To earn a spot among America's most selective warriors, Mann overcame his own troubled childhood and pushed his body to its breaking point—and beyond. *INSIDE SEAL TEAM SIX* is a high-octane narrative of physical and mental toughness, giving unprecedented insight into the inner workings of the training and secret missions of the world's most respected and feared combat unit.

Don Mann (CWO3, USN) has for the last thirty years been associated with the Navy SEALs as a platoon member, assault team member, boat crew leader, and advanced training officer, and more recently program director preparing civilians to go to BUD/S (SEAL Training). Up until 1998 he was on active duty with SEAL Team 6. Since then, he has deployed to the Middle East on numerous occasions in support of the war against terrorism. Many of the active-duty SEALs on SEAL Team 6 are the same guys he taught to shoot, conduct ship and aircraft takedowns, and operate in urban, arctic, desert, and river and jungle warfare, as well as close-quarters battle and military operations in urban terrain. He has suffered a broken back, two cases of high-altitude pulmonary edema, altitude mountain sickness, hypothermia, frostbite, heat exhaustion, and multiple other broken bones, in training or service. He has been captured twice during operations and lived to talk about it. **Ralph Pezzullo** is a *New York Times* bestselling author and award-winning playwright and screenwriter. His books include *Jawbreaker* (with CIA operative Gary Berntsen), *At the Fall of Somoza, Plunging into Haiti* (winner of the Douglas Dillon Award for American Diplomacy), *The Walk-In, Most Evil* (with Steve Hodel), *Eve Missing*, and *Blood of My Blood*. His film adaptation of *Recoil* by Jim Thompson, directed by James Foley, is scheduled to reach theaters next year.

**INSIDE SEAL TEAM SIX:
My Life and Missions with America's Elite Warriors**

by Don Mann with Ralph Pezzullo

Little, Brown and Company

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For more information, visit Don Mann's website, <http://usfrogmann.com>

INSIDE SEAL TEAM SIX

DISCUSSION TOPICS

- **SEAL TRAINING.** Not only has Mann pushed himself beyond the limits of SEAL training in his career, he now trains civilians to go to SEAL training.
- **SEAL ORIGINS AND TODAY'S MISSIONS.** Mann is intimately familiar with the history of the SEALs as well as their current missions.
- **FAMILY LIFE.** Both Mann and his wife, Dawn, can discuss the **extreme risks** and rewards of SEAL family life.
- **PHYSICAL EXTREMES.** Mann isn't called the high-mileage SEAL for nothing. He stepped up SEAL training to the extent that his commanding officer had to ask him to ease up on his physical training (PT) sessions, known throughout the SEAL teams as the "toughest PT program in the teams." Mann himself trained so hard that he suffered a torn rotator cuff, a compressed spine, plantar fasciitis in both feet, a torn quadriceps muscle, and liver and kidney failure. He pushed himself near to death with "overtraining." Mann is also an extreme adventure athlete, competing in 500-mile team races over mountains, through rivers, in extreme cold and extreme heat—continuing on even when team members have fallen and disqualified him.



FOR MORE ON DON MANN AND *INSIDE SEAL TEAM SIX*,
VISIT [HTTP://USFROGMANN.COM](http://USFROGMANN.COM)