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Extreme Ownership: How U.S. Navy SEALs Lead and Win is a book by Jocko Willink and Leif Babin. The book describes several leadership and team management strategies from . They take Extreme Ownership of everything that impacts their mission. This fundamental core concept enables SEAL leaders to lead high-performing teams in extraordinary circumstances . In Extreme Ownership, former Navy SEALs Jocko Willink and Leif Babin document their experiences as part of Task Unit Bruiser in Iraq. Their specific mission involved helping U.S. . Authors Jocko Willink and Leif Babin are former US Navy SEAL officers who served in one of the most dangerous areas of Iraq during Operation Iraqi Freedom. They honed the principles of Extreme Ownership on the battlefield, then applied the same tenets to the corporate world as business consultants. Extreme Ownership: How U.S. Navy SEALs Lead and Win is a book by Jocko Willink and Leif Babin. The book describes several leadership and team management strategies from former Navy SEALs. This initial concept describes the idea that all excellent leaders should embrace ownership of their actions and those of their team. Get ready to explore Extreme Ownership and its meaning. Our full analysis and study guide provides an even deeper dive with character analysis and quotes explained to help you discover the complexity and beauty of this book.