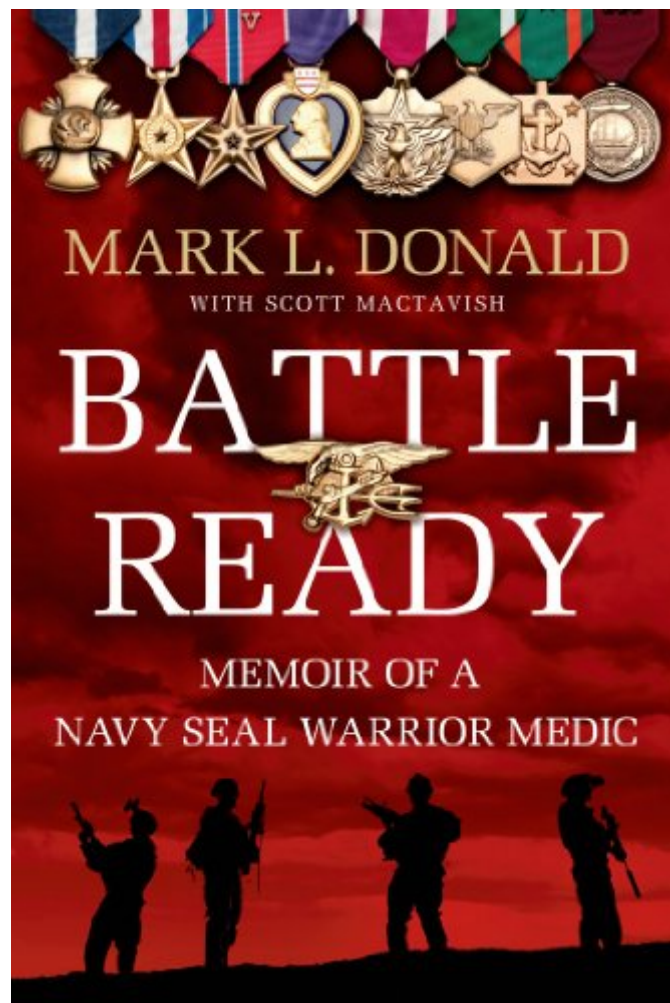




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# Battle Ready: Memoir Of A SEAL Warrior Medic



## Synopsis

The gripping memoir of Navy Cross, Silver Star, Bronze Star, and Purple Heart recipient SEAL Lieutenant Mark L. Donald. As a SEAL and combat medic, Mark served his country with valorous distinction for almost twenty-five years and survived some of the most dangerous combat actions imaginable. From the rigors of BUD/S training to the horrors of the battlefield, *Battle Ready* dramatically immerses the reader in the unique life of the elite warrior-medic who advances into combat with life-saving equipment in one hand and life-taking weapons in the other. It is also an uplifting human story that reveals how a young Hispanic American bootstrapped himself out of a life that promised a dead-end future by enlisting in the military. That new life begins with the Marines and includes his heroic achievements on the battlefield and the operating table, and finally, of his inspirational triumph over the demons caused by Post Traumatic Stress Disorder that threatened to destroy him and his family.

## Book Information

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## Customer Reviews

Mark Donald--recipient of the Navy Cross--has written one of the most inspiring memoirs I have ever read. The author begins by describing his upbringing in a dysfunctional home in a rough Albuquerque neighborhood. He attributes any successes in life to his strong, insightful, and loving Catholic mother. She was his rock. The book traces Donald's military career first as a Recon Marine, then Navy SEAL, and later as a combat medic. In mid-career he is selected to attend the Navy's grueling year-long physician assistant program. Upon graduation he receives a commission as a Navy medical officer. He soon finds himself on the battlefields of Iraq and northern Afghanistan as a SEAL "shooter" and as a medic, a conundrum he must resolve. The battle scenes are vivid and detailed. The main theme of Donald's memoir is how he finally takes charge of the demons from his PTSD. Even as he comforts others, Donald shows signs of strain that overwhelm him upon his return from multiple tours of combat and threaten to destroy him and his family. Mark Donald has written a book of personal courage and sacrifice that will tug at your heart. "Battle Ready" is very well written--it reads like a novel. Thank you Mark Donald; you have written a book stemming from the heart that everyone should read, particularly veterans.

As an author and avid reader I found this book to be one of the most inspiring in many years. Mark Donald is a man who exhibits "quiet assurance" and does not refer to himself as a hero. His ability to take the reader on a journey into the depths of his life; the good, the bad, and sometimes the ugly, is extraordinary. He begins with his childhood on the "not so good" streets of Albuquerque, New Mexico where a wrong decision could result in disaster. Raised by his mother and her strong character and values, Mark is torn between wanting to serve in the Marines yet not to abandon his family. He finds a way. As a Recon Marine, he discovers that his "calling" is in the medical field. To follow this path, he is discharged from the Marines and enlists in the Navy to become a hospital corpsman and then, with his recon background, he applies to become a Navy SEAL. The reader experiences highlights of the arduous training attempted by many yet attained by few, to wear the gold Trident of a SEAL. His role is sometimes conflicting: To save lives as a hospital corpsman, and, if necessary, to take lives as a "shooter", in order to save the lives of his team mates and others. His experiences and actions in Iraq and northern Afghanistan are vivid and emotionally described. Suffering the effects of PTSD which threatens to destroy the family he loves, he faces it head on in a positive manner with determination to succeed. Mark Donald is not only a hero, he is an inspiration to all who meet him.

Sober account of what it takes to become a Navy Seal Warrior Medic. Undoubtedly a fine book that

describes the level of excellence and commitment it takes to be part of this elite force, second to none, in our modern world. The author (s) Mark L. Donald with Scott Mactavish do a fine job, measured and poignant as the story unfolds. One of the better books dealing with the difficult subject of war in our present age. Serving his country for almost twenty five years, with unwavering valor in the moments that counted, Seal Mark Donald joined the Marines, a proud and tough branch of the military, and later on also went through the rigorous training that is demanded to become a Seal. To say that this warrior is up there with the best our great country has to offer, is an understatement, for he has proven his worth in sweat, blood and tears, and paid a dear price for his efforts as well. Fine book, very well written, one more example of why US has the most powerful Armed Forces known to mankind. 4.5 Stars.

Lt Mark L. Donald was a Navy SEAL Warrior Medic. He started his military carrier as a Recon Marine, and wore his Jump Wings, Dive Bubble and marksmanship medals with pride. But he wanted to serve his fellow marines as a Navy Corpsman. After the change from the Marines to the Navy he breezed through boot camp. He attended Navy corpsman school and graduated as a Navy Corpsman Seaman Apprentice. Advancing in his career, he took advanced medical training, and along the way his COs talked him into becoming a Navy SEAL. That led to OCS, and later Physicians Assistant School. At one time in his young Navy career a Lieutenant Commander chastised him for wearing his Jump Wings, Dive Bubble and his marksmanship medals. When the officer returned red faced from a 30 minute chat with Mark Donald's CO the officer apologized to the Young Navy corpsman. Lt. Mark Donald later was awarded the Navy Cross, Silver Star, Bronze Star and a Purple Heart for a fire fight in the Battle of Khand Pass. Lt. Mark Donald is the only Navy SEAL Warrior Medic to be awarded the Navy Cross. He served his country for 25 years.

I loved this book, it was obviously written or at least edited by a real author (nothing peeves me more than spelling and grammar errors). The only gripe I have about the book, is that Lt. Donald is far too modest, it would have been nice for him to go into a bit more of what he did as opposed what the other's did, so if being humble can be considered a negative, than it is what it is. On the other hand Lt. Donald spares nothing when laying out own his shortcomings and he goes deep into his own problems with PTSD. The book addresses his childhood which with this warrior gives some important insight into why he was able to accomplish his many accolades. The book flows very well and I found I seldom had to go back a paragraph or 2 to make sense of something I'd just read. The

emotion flows from this book, from awe that's sweet to tears flowing freely (if you can get through page 263 without openly weeping, call 911, because someone has stolen your soul) without ever getting bogged down with weepy, touchy, feely crap other's throw at you to illicit sympathy for their shortcomings. This is one of the best memoirs I've read, it's right there with John McCain's Faith of my Fathers.

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