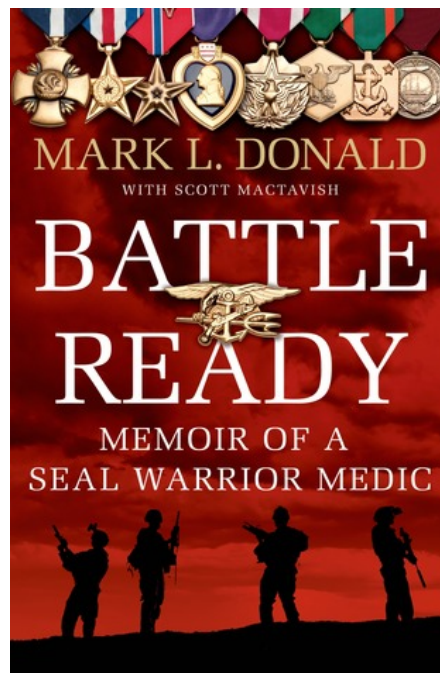




Battle Ready: Memoir of a SEAL Warrior Medic

Mark L. Donald , Scott Mactavish

Download now

Read Online ➔

Battle Ready: Memoir of a SEAL Warrior Medic

Mark L. Donald , Scott Mactavish

Battle Ready: Memoir of a SEAL Warrior Medic Mark L. Donald , Scott Mactavish

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.

Battle Ready: Memoir of a SEAL Warrior Medic Details

Date : Published March 12th 2013 by St. Martin's Press (first published May 8th 2012)

ISBN : 9780312600754

Author : Mark L. Donald , Scott Mactavish

Format : Hardcover 352 pages

Genre : War, Military Fiction, Nonfiction, Autobiography, Memoir, Biography, Military, Military History

 [Download Battle Ready: Memoir of a SEAL Warrior Medic ...pdf](#)

 [Read Online Battle Ready: Memoir of a SEAL Warrior Medic ...pdf](#)

Download and Read Free Online Battle Ready: Memoir of a SEAL Warrior Medic Mark L. Donald , Scott Mactavish

From Reader Review Battle Ready: Memoir of a SEAL Warrior Medic for online ebook

Lia Silver says

Intriguing but also frustrating memoir of a SEAL medic (like it says on the can.) The story Donald tells - growing up in a poor Latino family in Albuquerque, New Mexico, becoming a SEAL, fighting in Afghanistan, coming home and struggling with PTSD - is fascinating. But he tends to bring up issues and stories, then skim over them without getting into depth.

I completely understand that much of his military career is still classified, but I'm talking about other things. He mentions that there was some family drama with his siblings that had a huge effect on him, but doesn't give any details. He says that when he finally tried to get treated for PTSD, he didn't get along with his first therapist and had to try another. Then suddenly he's doing much better. The end. No explanation of how he was helped and what that was like.

When Donald does recount events in detail, the effect is riveting. There's a long battle sequence in Afghanistan which is must-reading for anyone who wants to write a contemporary military story. I only wish he'd slowed down and written the whole book like that. I, at least, cared just as much about how he put himself back together as what made him come apart.

Katrina Schriver-teribury says

AMAZING BOOK! Truly cannot say enough good things about this book? Wonderfully written with the usual SEAL book/author encounter at BUD/S. I enjoyed the start from home life and the hardship there right til the end with a Tha just sayin in the notes to his mom.

Very good example of what a super tough guy (as every SEAL is presumed to be) who not only has to kill by is the expected to save lives. Something I'd never thought of before.

Super informative about the stressors and triggers of PTSD. Anyone with a friend or loved one suffering from PTSD really should read this-moms, wives, sisters, friends etc not excluded. Don't be fooled by the title.

I recommend this to EVERYONE.

Frank Casson says

Mark has done an outstanding job in his description of PTSD. The cause, the affect, and the sometimes detrimental mental effects of PTSD. A SEAL warrior turned Doctor, turned warrior again. The agony of loss, the unknown of mental health issues. Then, we see the redemption and determination of this warrior. Mark's book is a help for all of us battle survivors. He shows how the elite of the elite suffer and seek help. This book gives me the courage to continue on in my daily struggle. Mark's book offers hope, help, and the chance to reconnect to this world we live now. I highly recommend you read it. I also recommend those who have lost loved ones in the battle zone to read as well. This book explains how guy's like DOC Donald gave all to save all. Through his humble experience, he gives hope to many; and again is a DOC to us surviving at home.

Holli says

The idea of this book intrigued me. I wasn't sure what to expect of the book, but I found it very moving. This book is amazing, heartbreaking, and empowering all in one. To see what he faced, and how his role as a medic and a warrior oftentimes clashed, and how he finally managed to come out of it still in one piece is very stirring. At some points, he got a little too political but overall the book is quite good and well worth reading.

Ross Rawnsley says

This was a great story about the life of a true hero. For me, it dragged a little in the middle, but the beginning and certainly the ending more than made up for that.

Recommended!

Tracey Cramer-Kelly says

This was an excellent memoir. Honest, humble, not political (although he makes some good points toward the end about needing to define what “winning” means). The writer spends several chapters describing in detail a pivotal event - the event that likely laid the foundation for his later struggles with PTSD. It's hard for me to believe he can recall every detail, especially in the heat of a firefight, but I found it very compelling.

He doesn't go into a lot of detail about his PTSD; like so many, he was reluctant to speak out, and spent a good deal of time denying he needed help. One of my favorite stories - the kind that really make this author human - is about his mom calling when he's at his lowest point. He finally admits to her that he needs help, and she says, “I know mijo, that's why I called you.”

I loved this guy's MOM! Though the course of this book you can really see how she impacted his life. While he was growing up, she had it rough, and yet she would say “People want to help; you just have to let them know how.” How true is that?!

But what perhaps struck me most was the underlying element of faith. Mark doesn't hammer on the topic but makes it clear he was raised in a Christian home (saying that his mom had “a direct line to God”). He also makes it clear that he struggled with his faith.

I recently had a conversation with a friend about how many veterans are lost and depressed, even with all the support they have available to them. I keep thinking: why? And more and more, I come back to a belief in God.

You can't place all your faith in human beings. Every one of us is fallible and at some point we will disappoint even the ones we love. I can't help wondering: if more veterans knew God and understood His love for them, maybe they wouldn't feel so alone.

A favorite quote from the book: “I was beginning to realize my tower of strength was built on a foundation

of faith in a higher power, and a belief in mankind wasn't strong enough to hold it together... Without a resilient foundation the bricks came tumbling down."

Roberta Wall says

I found the last chapter the most valuable. I am sure this was therapeutic for the author but I believe he could have conferred with others in the writing. Takes awhile to get invested in this book.

Annette says

There is enough detail to keep me interested, and I didn't see the PTSD part of it coming in the last half. He explains PTSD symptoms very well.

Connie Clarstrom says

What an amazing story! Mark Donald gives an extremely thought-provoking memoir, ideal for those who want to better understand the hearts and minds of our military men and women who are coping with the effects of combat stress. He gives a very personal account of his journey, first as a young man looking for direction and meaning in life who joins the marines, then as a combat medic and SEAL, and finally in his many support roles on returning from combat. In this story, the reader gets views of the intense bonds of friendship and acts of bravery that abound in the SEAL teams. At its heart, the story describes the internal stress that combat takes on Mark in his dual role as a warrior and a medic. Through this journey he reveals his own difficulties in trying to deal with PTSD alone and the need to reach out to others in the military community. Mark Donald is a man of strength and courage, tempered with humility and faith. He continues to serve by reaching out to those in need and helping others understand the effects of combat stress.

I highly recommend this book for anyone trying to understand the internal struggle of those coping with PTSD. Mark Donald's story provides and inspiration for all of us to try to better understand and support our military men and women returning from combat. His detailed account of his own personal struggles also serve as an inspiration to all of us to reach for support in times of need and a reminder that people want to help, if only you let them.

Jake Danishevsky says

Battle Ready is an incredible journey of a Recon Marine, turned Navy Seal and then Naval Medic. A life of personal accomplishments, personal struggles and personal fight to put his life back together as many war time heroes have to deal with.

I personally never knew about a lot of those life struggles by our brave men and women who wear their uniforms proudly, but mainly do it in order for the rest of us to have freedoms and sleep better at nights. While many of us enjoy the opportunities that the life in free nation has to offer, those warriors make the ultimate sacrifices whether they die in the battle or start their battle at home, when they come back from their battle deployments. It is a recount of a true heroic detail of a life that worth hearing and learning about.

Mark Donald aka Doc, comes from a family of regular or even lower than regular means. He enlists and the rest is history, the rest is what he was born to do, his life journey and his true calling. A book describes how his wise mother, his faith, his character and his will to utilize his strengths by accepting his weaknesses provides him the opportunities and ways to get through tough life choices. The story is about a life of a man that teaches many things and how to appreciate life, your family, and friends and persevere against impossible. Incredible thoughts that Mr. Donald shares with us and how he deals with losing close friends, teams mates and his way of dealing with the fact that "It is not his time", as he bravely puts it, shows what him and many others go through and have to live post battle lives.

It is a fantastic book. I was truly amazed, touched and learned a lot. Highly recommend it and suggest to anyone who thinks that they know what our military has to go through, not just in the war battles, but the bigger struggles once they return to their family and into general population. Mark describes in detail some of the most terrifying events that he personally had to endure, live through and accept. Ambushes, battles and death, while trying to save lives. Amazing struggles on top of struggles and a thought process of a medic who saves lives, but also has to take lives as a soldier, worrier and a seal.

I feel that I am a better and a more informed person by reading this book. I would like to thank you Mark L Donald for your service and for sharing your most intimate life details. Thank you all who served and serving our nation, and providing us the life that we are able to continue living. God bless people like Mark L Donald, other men and women like him, and our Great Nation.

Sarah Eiseman says

Originally posted on Sarahsbookshelf.com:

This book was a recently published memoir by Mark L. Donald, with Scott MacTavish. Many memoirs that I read go into great detail on very specific historical events. Especially with SEAL memoirs, much time is spent on the indoctrination and training of the SEAL, as that's such a major part of those individuals' lives. This book does not minimize any of that, but its focus is on the internal story of Mark Donald.

This is the first book that I've read in a long time that focused on the conflict of being a soldier and being a medic. Many of the memoirs I've read of late have been written by snipers and or other individuals much more focused on the logistics of the fight, as opposed to the repair afterwards. Since the role of corpsman was not a role given to Donald, but one he chose, his story reads very differently than others. I don't really want to compare, because I don't think that does any book justice. Donald shares his very personal understanding and acceptance of combat stress and PTSD in his life, including the very dark struggles before recognizing he needed to ask for help.

Like other books within this genre, there are always individuals that greatly impacted the writer's life. In this author's case it was his mother. Mrs. Donald is a woman that I would be greatly honored to meet some day, because she has more wisdom in her pinkie than many people do in their whole being. She seems to always know just what Donald needs to hear, but also says it in a way that doesn't encourage defensiveness. I cried at almost every mention of her in the book because I know how valuable people like that can be in your life.

I can see this book being an excellent resource for individuals or family members who may be experiencing combat stress or PTSD, either directly or indirectly. Donald does an excellent job of talking about not only recognizing the problem, but finally reaching out to those he felt comfortable sharing his experience with. In my own personal experience, I know individuals can be conflicted about asking for help. This book just

helps outline why help may not only be a good thing, but might mean getting your life back.

I'll leave you with my favorite quote from Mrs. Donald, which I think sums this up nicely:

"You know, people want to help. You just have to let them know how."

Wise words from a very wise woman.

Chris Barrow says

Great book; really enjoyed it. Great perspective about the stress soldiers deal with after they return from combat

Christopher Hedges says

Two things That I found interesting about this book:

1. The struggle that must exist in a combat medic who has to coexist as both shooter and life saver, and all of the personal struggles that come along with those issues.
2. Mark was the first SEAL I read about that actually started out as a special operations member of another branch of the Military. Mark originally started out as part of Marine Force Recon, and I find it interesting how he maintains his ties to both groups. Every other memoir of a SEAL I have read is very clear...I'm a SEAL. The only difference in allegiances that takes place at that point is what Team they are on.

I really enjoyed the book, and if this is a genre you like I think you'll enjoy the book too. With the exception of the point of view this book is remarkably similar to other books I have read, and if you have read the accounts of other authors this will probably be on par with them.

Anthony Kelly says

Outstanding!

Dio Aufa Handoyo says

Not a page-turner, but that's probably the way you can tell that what you read is mostly unembellished truth. The story begins rather differently from that of other usual trident-covered books, reflecting Lt. Donald's unconventional journey towards said Trident, but more powerfully, it ends with a very distinct, brave coverage of his own struggles with PTS - and his call to action for others facing a similar situation to get help. Brings light to another side of the life of an operator - the stateside picture you don't see often in other

SEAL literature.
