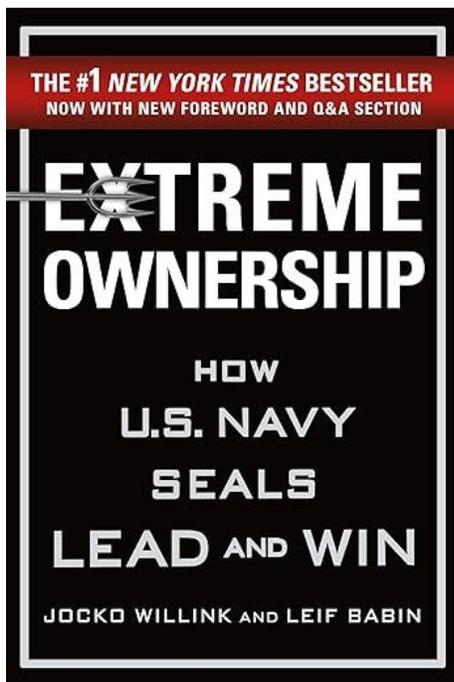


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| <b>Book Title:</b>          | Extreme Ownership: How U.S. Navy SEALs Lead and Win |
| <b>Author:</b>              | Jocko Willink and Leif Babin                        |
| <b>Publisher:</b>           | St. Martin's Press                                  |
| <b>Date of publication:</b> | November 21, 2017                                   |
| <b>Number of pages:</b>     | 317   |
| <b>Book Club rating:</b>    | 5 Stars   |
| <b>Reviewed by:</b>         | Nikki Duncan, PMP                                   |
| <b>Review date:</b>         | 5/18/25   |

## Plot Summary:



There's a moment in *Extreme Ownership* that stays with me. Jocko and Leif were working with a company where the sales numbers were down and leadership was frustrated. The easy answer would have been to blame the sales team. But Jocko didn't take that route. He met with the team, asked real questions, and uncovered something deeper—misalignment, confusion, and broken communication. When he took that insight back to the executive, it became clear: the problem wasn't "them." It was the system. The leadership. The culture.

Real change didn't start with new policies or louder demands. It started with the leader taking ownership.

That story is one of many that taught me a truth I carry every day: in every situation, professional or personal, we have a role. And when we take ownership of that role, we become the catalyst for change.

This book helped me find my footing as a leader. I've hit policy walls and seen projects slow down. I've watched frustration ripple through teams. *Extreme Ownership* taught me to stop asking, "Why isn't this working?" and start asking, "What can I do to make

it better?” That mindset changed everything—from delivery timelines to stakeholder relationships to team morale.

*Extreme Ownership* isn’t just a book. It’s a shift. A challenge to look inward before pointing outward. And it’s one I’ll keep returning to.

### **Personal Comments:**

As I completed my Bachelor of Science in Management, reading one business textbook after another, I kept seeing the principles from *Extreme Ownership* pop up again and again. Not in name, but in spirit. These lessons were powerful. More importantly, they’re foundational. They’ve shaped who I am as a leader and who I intend to continue becoming.

#### **Best For:**

- New and experienced leaders who want to lead with impact
- Managers facing tough team dynamics or cultural challenges
- Business students or professionals seeking more than textbook theory
- Anyone looking for a mindset that builds resilience and accountability

#### **Reading Tips:**

- Listen to the audiobook if you can. Hearing Jocko and Leif tell their own stories brings a rawness and clarity that hits differently.
- This isn’t a one-and-done read. I’ve listened to it multiple times. Each time, something new sticks—because leadership challenges evolve, and so does how we hear the message.
- Pair it with journaling. When a story or principle hits home, pause and reflect. Ask yourself where you’ve seen that lesson in your own work.