

Page 7. It started early, flexing in my Underoos circa 1982.



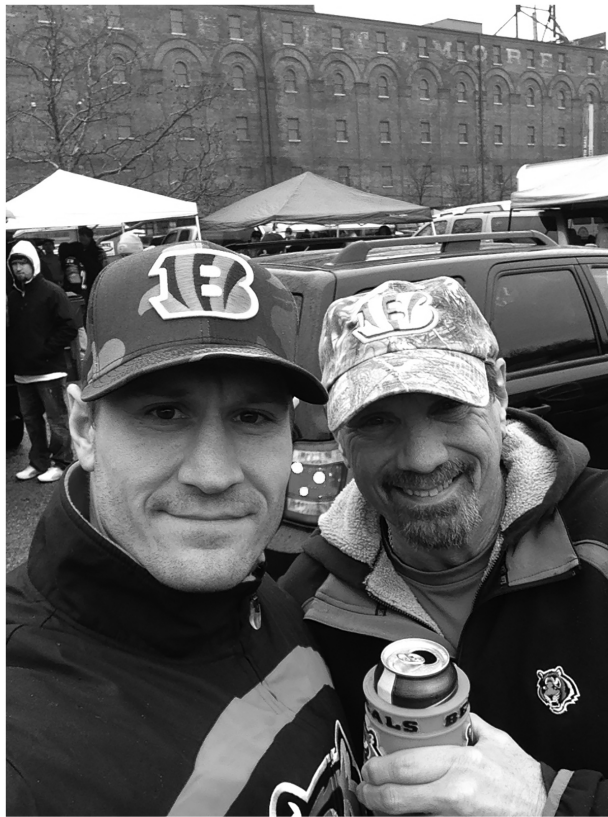
Page 22. My last day as a civilian, August 1996. I had no idea what was in store for me.



Page 27. The starting point. My Marine Corps graduation photo.



Page 79. Damn, he's good-looking. In Iraq at SEAL Team Two with Jason Workman, an amazing operator and even better friend. Miss you, buddy.



Page 85. Cherished moments, hanging out with my hero (Dad) at a Bengals game.



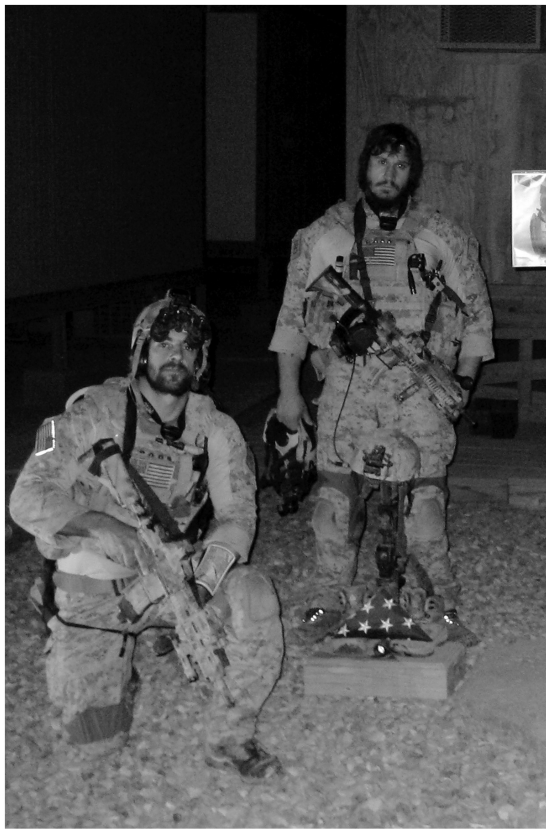
Page 113. My first dual breach, somewhere in Iraq.



Page 118. Why walk when you can drive? Enjoying the view in sunny Afghanistan.



Page 119. The eyes say it all.



Page 131. The price of freedom. Dom and I paying respect to a fallen brother before a mission in Iraq, 2008.



Page 132. Luis Souffront, one of the greatest warriors that I ever had the pleasure to serve with. He was the walking definition of a “legend”.



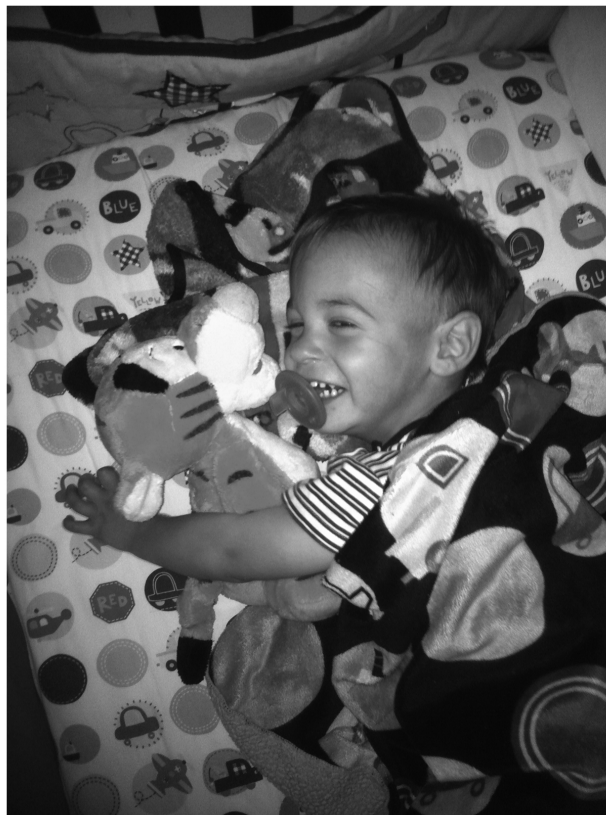
Page 137. Each year we dive in Luis' favorite spearfishing spot.
Through his family and friends, his memory lives on.



Page 138. Dom and me paying respect to our friend,
Luis with the love of his life Jami.



Page 143. Having dinner with my girls as my marriage unraveled. A dark time for all of us but we got through it as a team.



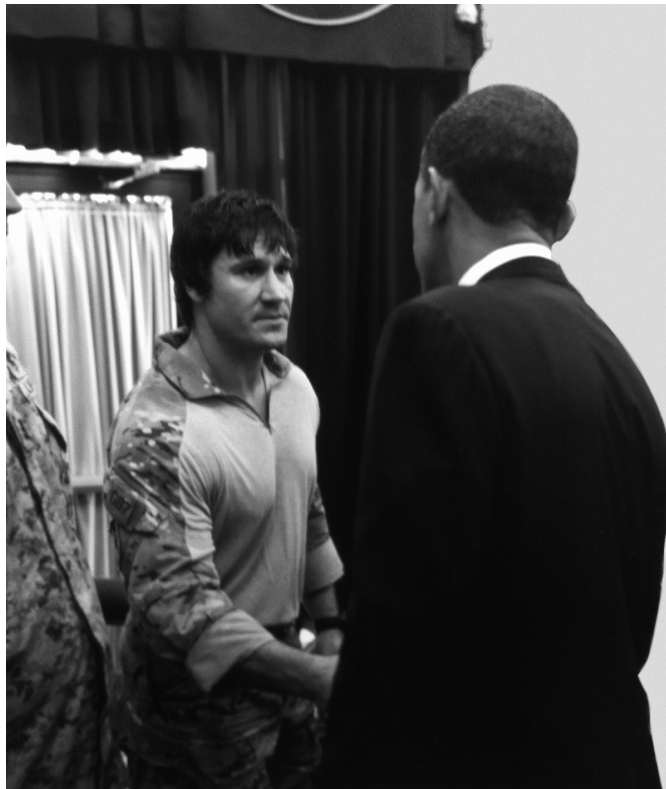
Page 151. The son that taught me to be a father. His smile made it all worthwhile.



Page 156. Heading to a target with a warrior who never quit, Adam Brown. Fearless.



Page 159. Saying goodbye to my kids before my final deployment. Kailha, Samantha and Triston—you saved my life. Thank you.



Page 167. Meeting President Obama at Dover Air Force Base after flying home with my fallen brothers who perished on Extortion 17.



Page 193. Knocking back some old-fashioneds with Joe, my BUD/S roommate.



Page 193. Like father, like son.



Page 207. Margarita time with mom celebrating my retirement. After 20 years, we finally get to have a “normal” relationship.



Page 207. All grown up, me and my girls.



Page 207. (L to R) Little Murph, Mr. Murphy, Dad and me at a Cincinnati Reds game in 2017.



Page 207. Attempting to play golf with the Lavery Lane crew—me, Chad (L) and Oz (R). We left our spears at home this time.



Page 209. With my old teammate Dom Raso. Always take care of those who have your back.



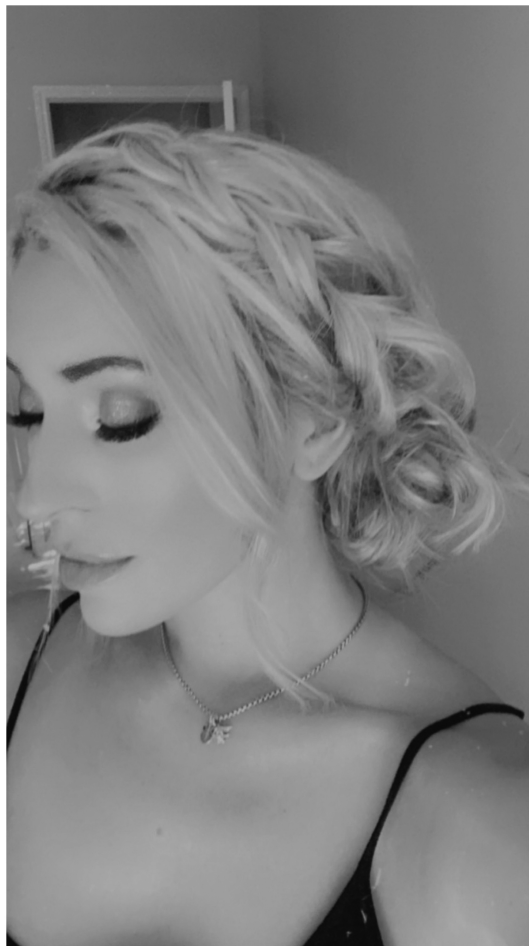
Page 209. Kailha's high school graduation.
After the ceremony, we jumped into my
truck and move to Texas.



Page 209. Enjoying family time with Mom and
my stepdad, Rick.



Page 219. Celebrating Halloween with some good ole fashioned cultural appropriation.



Page 219. It took me a while but I found my perfect mate. Never quit and learn from our mistakes!



Page 223. How time flies, my daughter
Kailha's wedding day.



Page 223. She said yes! Moments after proposing
to my wife Amanda. Love you baby.



Page 225. God's wedding present, the pearl that we discovered on the night of our marriage.



Page 226. I exchanged my body armor for my beautiful wife Amanda.



Page 227. Passion & purpose



Page 230. My little man, Triston and I getting matching haircuts.