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Heavy Wheel Vehicle

Mechanic Routledge

A guide to the exercise program created by Joseph Pilates that combines the key elements of yoga and bodywork.

The Warrior Elite Free Spirit Publishing

"Contributors, many with practical military experience, argue that strategic planners and political leaders must reconcile the historical reality of special operations with the new circumstances in which countries like Canada must now pursue international security and stability, especially

when the line between special and conventional is being redrawn. [This book] considers the historical experiences of several countries to [forecast] the future of special operations and address two crucial questions: Does Canada have a special forces? Can land, sea, and air forces incorporate elements of the special to respond to new threats?"--Publisher's description.

Be Fit, be Strong, be You Black Irish Entertainment LLC
"When we cross the border: no ID, and it's kiss yourself good-bye if Charlie gets ahold of you." In Vietnam, the Military Assistance Command's Studies and Observations Group (MACV-SOG) fielded small recon teams in areas infested with VC

and NVA. Because SOG operations suffered extraordinary casualties, they required extraordinary soldiers. So when Capt. Thom Nicholson arrived at Command and Control North (CCN) in Da Nang, SOG's northernmost base camp, he knew he was going to be working with the cream of the crop. As commander of Company B, CCN's Raider Company, Nicholson commanded four platoons, comprising nearly two hundred men, in some of the war's most deadly missions, including ready-reaction missions for patrols in contact with the enemy, patrol extractions under fire, and top-secret expeditions "over the fence" into Laos, Cambodia, and North Vietnam. Colonel

Nicholson spares no one, including himself, as he provides a rare glimpse into the workings of one of the military's most carefully concealed reconnaissance campaigns.

Vietnam Studies

Createspace Independent Publishing Platform

Teaches young readers how to take a positive, holistic approach to their health, providing tips on developing good self-esteem, eating properly, and exercising regularly.

Shooting for Excellence SAGE

"Space is vast, dark, and not your friend. Gamma rays and neutrino bursts erupt from dying stars to cook you alive, black holes tear you apart, and the void itself boils your blood and seizes your brain. Try to scream and no one can hear you - hold your breath and you rupture your lungs. Space isn't as empty as you'd think, either - its frontiers are ever expanding. Rival governments wage a cold war of aggression while greedy corporations vie for valuable resources. Colonists reach for the stars and gamble with their lives - each new world tamed is either feast or famine. And there are things lurking in the shadows of every asteroid - things strange and different and deadly. Things alien. This is the official ALIEN tabletop roleplaying game - a universe of body horror and

corporate brinkmanship, where synthetic people play god while space truckers and marines serve host to newborn ghoulish creatures. It's a harsh and unforgiving universe and you are nothing if not expendable. Stay alive if you can"--Back cover.

15 Months in SOG DIANE

Publishing

Diehard baseball fans--take the challenge! Turn your baseball cap into a thinking cap, and test your knowledge of the game with over 980 brain-twisting questions about the big hits and amazing feats that occurred over the last 100 years: Who is the only pitcher in baseball history with two grand slams in one game? Who was the first National Leaguer to hit 50 home runs in two seasons? Even those who strike out on a few questions will relish these fascinating facts and insider 's trivia!

A Dictionary, Hindustani & English Vintage

The memoir of a man who spent most of his career facing death. For UDT/SEAL team member Gary R. Smith, just being part of an elite military organization wasn ' t enough—he had to be in the thick of the action. Because in bloody, violent Vietnam he learned there ' s no stronger bond than the one forged in the gut-wrenching chaos of combat. During ambushes, PRU combat patrols, and extractions from hot LZs, Smith depended on the courage and sacrifice of his fellow SEALs,

who time and again placed their own lives on the line so that he might survive. In Master Chief, Gary Smith covers his fifth tour in Vietnam and his rise to the highest enlisted rank, master chief petty officer.

Characteristically, Smith holds nothing back when describing life during wartime in one of the world ' s toughest fighting units. Based on the author's own experience, as well as his own and others ' diaries, letters, and documents, and on extensive interviews, Master Chief is an outstanding memoir of a warrior who answered the call to arms when his country needed him. Expendable Elite Published for the School of Policy Studies, Queen's University and by McGill-Queen's University Press

Volume 8 of the Army University Large Scale Combat Operations series. The Competitive Advantage: Special Operations Forces in Large Scale Combat Operations presents twelve historical case studies of special operations forces from World War I through Operation Iraqi Freedom. This volume sheds light upon the emerging roles, missions, and unique capabilities that have forged a path for Army Special Operations Forces today. These case studies set Large Scale Combat Operations in the center and place ARSOF's role in the forefront. If a reader were to take one piece from this volume, it would be the clear

understanding of the close synergy that occurs between the Conventional Force and SOF in Large Scale Combat Operations for major wars in the 20th and early 21st century. That synergy should provide a broad azimuth for military planners and practitioners to follow as the Army, SOF, and the Joint Force combine to preserve the peace, defend the Nation, and defeat any adversary.

One Green Beret Penguin

Doping, Performance-Enhancing Drugs, and Hormones in Sport: Mechanisms of Action and Methods of Detection examines the biochemistry and bioanalytical aspects of performance-enhancing drugs (PEDs) and other questionable procedures used by athletes to enhance performance. The book informs the specialist of emerging knowledge and techniques and allows the non-specialist to grasp the underlying science and current practice of the discipline. With clear and compelling language appropriate for a broad spectrum of readers, this book provides background on prevalence, types of agents, their actual or supposed benefits, and their negative effects on health. The technical aspects of detection are discussed, followed by a

discussion of why detection is a problematic and still-evolving science. To facilitate comprehension, each chapter is organized in a uniform way with six sections: (1) standard medical uses, (2) why the drugs are used by athletes, (3) biological mechanism of action, (4) what research says about efficacy in improving performance, (5) major health side effects from use and abuse in sport, and 6) concluding key points. Presents the scientific concepts of how performance enhancers work, how they are used, and how they are detected and masked from detection Features language that is neither simplistic to scientists nor too sophisticated for a large, diverse global audience Provides a short “close-up” in each chapter to illustrate key topics that engage, entertain, and create a novel synthesis of thought

Be the Boss of Your Stress

Elsevier

Covers computer technology, multiculturalism, tracking, race relations, the canon, as well as specific aspects of African American culture, such as signifying and receiver-centered discourse, and the ways in which they affect learning.

Long-range Reconnaissance Patrol Company Cambridge University Press

Roland Bartetzko is a former

soldier with the German Army, the Kosovo Liberation Army, and Croatian Defense Council and took part in extensive engagements during the conflicts in the Balkans. These are his memories of dangerous, deadly, and sometimes funny times. It is the true story of what the war was like in Bosnia and in Kosovo. Combined with the stories are his 'observations' about the military tactics that were applied in these conflicts. They provide practical advice for soldiers and civilians on how to survive in a war zone.

Promoting Psychological Resilience in the U.S. Military Sterling Publishing Company, Inc. Teaches children simple steps to cope with stress.

Worldwide Aeromedical

Evacuation St. Martin's Press

This three-volume study examines the questions raised by the performance of the military institutions of France, Germany, Russia, the United States, Great Britain, Japan, and Italy in the period from 1914 to 1945. Leading military historians deal with the different national approaches to war and military power at the tactical, operational, strategic, and political levels. They form the basis for a fundamental re-examination of how military organizations have performed in the first half of the twentieth century. Volume 3 covers World War II. Volumes 1 and 2 address World War I and the interwar period, respectively.

Now in a new edition, with a new introduction by the editors, these classic volumes will remain invaluable for military historians and social scientists in their examination of national security and military issues. They will also be essential reading for future military leaders at Staff and War Colleges.

The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning
Crown

Teaches children simple tips to make themselves feel better.

Relentless Strike Free Spirit
Publishing

Contents: (1) Background: Command Structures and Components; Special Operations Forces in the Army, Navy, Air Force, Marine, and Joint; NATO Special Operations; (2) Current Organizational and Budgetary Issues: 2010 Quadrennial Defense Review Report SOF-Related Directives; 2010 USSOCOM Posture Statement; (3) Afghanistan-Related Issues; A Change of Command Relationship for U.S. SOF; U.S. SOF Direct Action Against Afghan Insurgents; Training Village Security Forces; (4) Issues for Congress: Are Current Command Relationships and Rules of Engagement Having

a Detrimental Impact on Special Operations in Afghanistan?; Are We Making the Best Use of SOF in Afghanistan?

Special Operations Association
Hunter House Publishers
As U.S. service members deploy for extended periods on a repeated basis, their ability to cope with the stress of deployment may be challenged. Many programs are available to encourage and support psychological resilience among service members and families.

However, little is known about these programs' effectiveness.

This report reviews resilience literature and programs to identify evidence-informed factors for promoting resilience.
Alien RPG DIANE

Publishing

"Rob had a pretty rough childhood: given up for adoption as an infant, brought into a family of highly decorated military men, suffering the loss of his mother to cancer, and his rebellion which landed him in military school. When he finally returns home he meets Cindy, who becomes his best friend. After graduation the two go off to college at opposite ends of Texas, and their paths separate. Eight years later, when Rob is completing his two years of training in the Special Forces Qualification Course, he

wakes up one morning to discover that Cindy has contacted him. The two reunite to spend his month of leave together, both knowing at the end he will be leaving for the illustrious 1st Battalion, 10th Special Forces Group (Airborne), the elite Battalion of Green Berets stationed in Germany for quick-reaction missions around the globe. 'Love Me When I'm Gone' takes you on the whirlwind that is life as a Green Beret...."--P. [4] of cover.

Military Effectiveness: Volume 3, The Second World War
Guinness World Records
Exposing the unique nature of the United States' elite fighting force, this narrative reveals how covert operations are often masked to permit and even sponsor assassination, outright purposeful killing of innocents, illegal use of force, and bizarre methods in combat operations. Through this compelling memoir, the author reveals the fear these warriors share not of the enemy they have been trained to fight in battle, but of the wrath of the U.S. government should they find themselves classified as " expendable. "

Annual Command History
Rand Corporation
The New York Times Bestseller
and Winner of the 2015 Army Historical Foundation Distinguished Writing Award for Unit History Since the

attacks of September 11, one organization has been at the forefront of America's military response. Its efforts turned the tide against al-Qaida in Iraq, killed Bin Laden and Zarqawi, rescued Captain Phillips and captured Saddam Hussein. Its commander can direct cruise missile strikes from nuclear submarines and conduct special operations raids anywhere in the world. Relentless Strike tells the inside story of Joint Special Operations Command, the secret military organization that during the past decade has revolutionized counterterrorism, seamlessly fusing intelligence and operational skills to conduct missions that hit the headlines, and those that have remained in the shadows-until now. Because JSOC includes the military's most storied special operations units-Delta Force, SEAL Team 6, the 75th Ranger Regiment-as well as America's most secret aviation and intelligence units, this is their story, too. Relentless Strike reveals tension-drenched meetings in war rooms from the Pentagon to Iraq and special operations battles from the cabin of an MH-60 Black Hawk to the driver's seat of Delta Force's Pinzgauer vehicles as they approach their targets. Through exclusive interviews, reporter Sean Naylor uses his unique access to reveal how an organization designed in the 1980s for a very limited mission set transformed itself after 9/11 to become the military's premier

weapon in the war against terrorism and how it continues to evolve today.

Champions Of Charity
Ballantine Books
NATIONAL BESTSELLER • NATIONAL BOOK AWARD FINALIST • An "extraordinary ... profoundly moving" history (The New York Times Book Review) of the American Civil War that reveals the ways that death on such a scale changed not only individual lives but the life of the nation. An estimated 750,000 soldiers lost their lives in the American Civil War. An equivalent proportion of today's population would be seven and a half million. In This Republic of Suffering, Drew Gilpin Faust describes how the survivors managed on a practical level and how a deeply religious culture struggled to reconcile the unprecedented carnage with its belief in a benevolent God. Throughout, the voices of soldiers and their families, of statesmen, generals, preachers, poets, surgeons, nurses, northerners and southerners come together to give us a vivid understanding of the Civil War's most fundamental and widely shared reality. With a new introduction by the author, and a new foreword by Mike Mullen, 17th Chairman of the Joint Chiefs of Staff.