performance can be engineered into the DNA of an enterprise from the very beginning. But what about the company that is not born with great DNA? How can good companies, described in "The Accidental Admiral," by Admiral James Stavridis, do it?

Stavridis earned his Master of Arts in Law from the University of Virginia and his Master of Science in National Security and Strategic Studies from the Naval War College. He then became the first naval officer to lead the U.S. Southern Command – responsible for all U.S. military operations in the Caribbean and South America. At the end of that assignment, he was nominated for four-star admiral and later selected to be the senior military assistant to the Chairman of the Joint Chiefs of Staff.

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gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world’s greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don’t. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team uncovered the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. “Some of the key concepts discerned in the study,” comments Jim Collins, “fly in the face of our modern business culture and will, quite frankly, upset some people.” Perhaps, but who can afford to ignore these findings?

A Legacy Driven Life Describes and illustrates the navies of over 170 nations of the world.


HM 3 Navy Hospital Corpsman Advancement Exam Study Guide In the wake of 9/11, a top-secret government agency titled “The Federal Rapid Response Unit” was created back in 2001. Immediately nicknamed “Unit One” by then-President George W. Bush, it was comprised of only the very top agents from various agencies such as the C.I.A., F.B.I. and N.S.A.: this investigative/paramilitary force was designed exclusively for the purpose of stamping out Middle East terrorism before it could ever gain a foothold on American soil again. Everything worked as planned until Christmas Eve, 2015, when “Accurate Energetic Systems,” a Tennessee company that manufactures C-4 explosives for the Defense Department, was overrun by a group of “home grown” terrorists under the direction of a former Navy SEAL now gone bad. This crisis soon would escalate into the worst predicament our country and perhaps the entire world has ever faced. Based on actual, ever-fluid, breaking-news events, “The Heroes of La Palma” will have you shaking your head at how easily this plot could potentially take place in real-life. But when the dust settles, you’ll also be thankful that for once, it seems that our government finally did something right!

The Culture Code

Field Manual FM 3-05.70 U.S. Army Survival Guide The book examines the evolution of American naval thinking in the post-Cold War era. It recounts the development of the U.S. Navy’s key strategic documents from the fall of the Berlin Wall in 1989 to the release in 2007 of the U.S. Navy’s maritime strategy, A Cooperative Strategy for 21st Century Seapower. A insightful and penetrating intellectual history, it critically analyzes the Navy’s way of thinking and ideas, and recounts how they interacted with those that govern U.S. strategy to shape the course of U.S. naval strategy in the post-Cold War era. The book explains how the Navy arrived at its current strategic outlook and why it took nearly two decades for the Navy to develop a maritime strategy in an era in which the relative saliency of such should have been more apparent to Navy leaders. The author, a Navy captain, doesn’t shy from taking to task the institution and its leaders for their narrow worldview and failure to understand the virtues and contributions of American sea power, particularly in an era of globalization. It describes the reasons behind the Navy’s late development of a maritime strategy during the post-Cold War era. It recounts the origins and evolution of the Navy’s distinctive way of thinking and ideas about sea power since before the Second World War, particularly how they shaped and were shaped by the
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Navy’s Cold War experiences. It argues that the Navy’s way of thinking and ideas, and how they interacted those that governed U.S. strategy, bounded and channeled U.S. naval strategy away from a maritime approach as they had during the Cold War. It took an implausible series of events for one to emerge, including a losing war in Iraq—that called into question long-standing assumptions about U.S. strategy, threatened the Navy’s relevance, and brought about a systemically oriented U.S. strategic approach—and the appearance of two maritime-minded Navy leaders. It focuses on the process by which the Navy developed its strategic documents, the process where institutional ideas are assembled, negotiated, and reshaped in light of other influences—i.e., the direction of U.S. strategy, budgetary constraints, perceived threats, and the competing interests of other domestic and institutional actors—because even though the subject is American naval thinking (and here it must be emphasized that the concept itself is somewhat metaphorical as only people can think), that is how real strategy is made.

Navy Force Structure and Shipbuilding Plans Being deployed to a war zone can result in numerous adverse psychological health conditions. It is well documented in the literature that there are high rates of psychological disorders among military personnel serving in Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom in Iraq as well as among the service members' families. For service members' families, the degree of hardship and negative consequences rises with the amount of the service members' exposure to traumatic or life-altering experiences. Adult and child members of the families of service members who experience wartime deployments have been found to be at increased risk for symptoms of psychological disorders and to be more likely to use mental health services. In an effort to provide early recognition and early intervention that meet the psychological health needs of service members and their families, DOD currently screens for many of these conditions at numerous points during the military life cycle, and it is implementing structural interventions that support the improved integration of military line personnel, non-medical caregivers, and clinicians, such as RESPECT-M II (Re-engineering Systems of Primary Care Treatment in the Military), embedded mental health providers, and the Patient-Centered Medical Home. Preventing Psychological Disorders in Service Members and Their Families evaluates risk and protective factors in military and family populations and suggests that prevention strategies are needed at multiple levels - individual, interpersonal, institutional, community, and societal - in order to address the influence that these factors have on psychological health. This report reviews and critiques reintegration programs and prevention strategies for PTSD, depression, recovery support, and prevention of substance abuse, suicide, and interpersonal violence.

The Heroes of La Palma We designed this training manual to help acquaint you with the Navy's safety and occupational health programs, their setup, management, and supervision. In addition to the Safety and Occupational Health (SOH) Program, we will discuss the Shore Safety Program, the Afloat Safety Program, the Aviation Safety Program, and your duties as a naval safety supervisor. We have provided the appropriate references for specific safety standards throughout this manual and various safety terms and acronyms. You will also find information on the following program elements: - Safety program promotion and attitudes - Mishap causes and prevention - Mishap investigation and reporting - Safety program evaluation - SOH Program elements - Traffic safety - Explosives safety - Athletic, recreation, & home safety programs

The Sailor's Word-book Perfect for students preparing to take the 2018 AP U.S. History Examination. -- Publisher's website.

The Naval Institute Guide to Combat Fleets of the World, 2005-2006 Presents a study guide with tips, techniques, test-taking advice, and exercises designed to help improve scores on the ASVAB.

ACSM's Resources for the Personal Trainer Contains typical multiple choice questions that you may encounter on the NC advancement in rate examination.

Carry On, Mr. Bowditch

OAR Study Guide 2019 & 2020 After finding a way to teach the ship's crew members to understand navigation, Nat, a self-taught mathematician and astronomer in eighteenth-century Salem, Massachusetts, writes down his explanations and compiles them into "The American Practical Navigator," also known as the "Sailor's Bible."

The Terminal List: Dash To Infinity! Every human being has an immense latent potential and is genetically engineered for success. However, for the potential to be realized, one needs a definite goal or purpose. Sadly, today a vast majority of the world population lacks a definite purpose in life. A "legacy" provides the definite purpose to individuals and acts as a "north star" and a "lighthouse," keeping us on a steady path through the ups and downs of life. Leaving a legacy is not an afterthought or an accident. Leaving a legacy requires one to live a legacy driven life. Today as we experience global economic and social upheaval on an unprecedented scale, there is an immediate need for all corporate and national leaders to learn how to lead a legacy driven life themselves and encourage their teams to design and live their own personal legacies to ensure

Page 3/7
accelerated growth of individuals, corporations and nations. This book is very unique as it provides a step-by-step formula of creating a "gold-standard" legacy by utilizing the V-Factor or the immense energy which comes from using the Power of Visualization. Using this special formula and the inspiration from interviews with some amazing individuals, we all can learn to lead a legacy driven life of higher purpose, and leave a legacy of positive thoughts, positive words and positive actions for our future generations.

The Red Circle

The Accidental Admiral Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

NASDAQ Essentials of Personal Fitness Training This classic eighteenth-century work on the Golden Age of Piracy includes stories of Black Bart, Calico Jack, Anne Bonny, and many others. How did we come to picture pirates donning peg legs, wearing eye patches, and burying treasure? This book, dating back to 1724, features biographies of the notorious buccaneers of the Golden Age of Piracy, and the history, stories, and legends that surround them. Published under the name Capt. Charles Johnson, and widely believed to be authored by Robinson Crusoe author Daniel Defoe, A General History of the Pyrates details the lives of Blackbeard, Black Bart, Anne Bonny, Edward Teach, Mary Read, Jolly Roger, Calico Jack, and many more. Not only was this book the source of many of our present-day concepts of pirate culture, it also served as an influence for authors of pirate fiction, including Robert Louis Stevenson and J. M. Barrie.

Good to Great Woodson's classic work of criticism explores how the education received by blacks has failed to give them an appreciation of themselves as a race and their contributions to history. Woodson puts forward a program that calls for the educated to learn about their past and serve the black community. (Education/Teaching)

1421 On 8 March 1421, the largest fleet the world had ever seen set sail from China. The ships, some nearly five hundred feet long, were under the command of Emperor Zhu Di's loyal eunuch admirals. Their mission was to proceed all the way to the end of the earth to collect tribute from the barbarians beyond the seas and unite the world in Confucian harmony. Their journey would last for over two years and take them around the globe but by the time they returned home, China was beginning its long, self-imposed isolation from the world it had so recently embraced. And so the great ships were left to rot and the records of their journey were destroyed. And with them, the knowledge that the Chinese had circumnavigated the globe a century before Magellan, reached America seventy years before Columbus, and Australia three hundred and fifty years before Cook. The result of fifteen years research, 1421 is Gavin Menzies' enthralling account of the voyage of the Chinese fleet, the remarkable discoveries he made and the persuasive evidence to support them: ancient maps, precise navigational knowledge, astronomy and the surviving accounts of Chinese explorers and the later European navigators as well as the traces the fleet left behind - from sunken junks to the votive offerings left by the Chinese sailors wherever they landed, giving thanks to Shao Lin, goddess of the sea. A treasured classic, this is the story of an extraordinary journey of discovery that not only radically alters our understanding of world exploration but also rewrites history itself.

Stealing Fire The Red Circle: My Life in the Navy SEAL Sniper Corps and How I Trained America's Deadliest Marksmen Now including an excerpt from The Killing School: Inside the World's Deadliest Sniper Program BEFORE HE COULD FORGE A BAND OF ELITE WARRIORS HE HAD TO BECOME ONE HIMSELF. Brandon Webb's experiences in the world's most elite sniper corps are the stuff of legend. From his grueling years of training in Naval Special Operations to his combat tours in the Persian Gulf and Afghanistan, The Red Circle provides a rare and riveting look at the inner workings of the U.S. military through the eyes of a covert operations specialist. Yet it is Webb's distinguished second career as a lead instructor for the shadowy "sniper cell" and Course Manager of the Navy SEAL Sniper Program that trained some of America's finest and deadliest warriors-including Marcus Luttrell and Chris Kyle-that makes his story so compelling. Luttrell credits Webb's training with his own survival during the ill-fated 2005 Operation Redwing in Afghanistan. Kyle went on to become the U.S. military's top marksman, with more than 150 confirmed kills. From a candid chronicle of his student days, going through the sniper course himself, to his hair-raising close calls with Taliban and al Qaeda forces in the northern Afghanistan wilderness, to his vivid account of designing new sniper standards and training some of the most accomplished snipers of the twenty-first century, Webb provides a rare look at the making of the Special Operations warriors who are at the forefront of today's military. Explosive, revealing, and intelligent, The Red Circle provides a uniquely personal glimpse into one of the most challenging and
secretive military training courses in the world.

BIM Handbook As the elite of the military elite, U.S. Navy SEALs know that they can be deployed anywhere in the world at a moment’s notice. Whether in a temperate, tropical, arctic, or subarctic region, they might find themselves alone in a remote area with little or no personal gear. In The U.S. Navy SEAL Survival Handbook, decorated Navy SEAL Team Six member Don Mann provides a definitive survival resource. From basic camp craft and navigation to fear management and strategies for coping with any type of disaster, it is an essential resource for all outdoorspeople. Complete with 150 color photographs, this comprehensive guide includes life-saving information on: - Making weapons and tools - Finding water - Wildlife for food - Making shelters - Signaling - Sea survival - And much more

The American Republic Since 1877 From one of the most distinguished admirals of our time and a former Supreme Allied Commander of NATO, a meditation on leadership and character refracted through the lives of ten of the most illustrious naval commanders in history. In Sailing True North, A admiral Stavridis offers a lessons of leadership and character from the lives and careers of history's most significant naval commanders. He also brings a lifetime of reflection to bear on the subjects of his study—naval history, the vocation of the admiral, and global geopolitics. A bove all, this is a book that will help you navigate your own life’s voyage: the voyage of leadership of course, but more important, the voyage of character. Sailing True North helps us find the right course to chart. Simply as epic lives, the tales of these ten admirals offer up a collection of the greatest imaginable sea stories. Moreover, spanning 2,500 years from ancient Greece to the twenty-first century, Sailing True North is a book that offers a history of the world through the prism of our greatest naval leaders. None of the admirals in this volume were perfect, and some were deeply flawed. But from Themistocles, Drake, and Nelson to Nimitz, Rickover, and Hopper, important themes emerge, not least that serving your reputation is a poor substitute for serving your character; and that taking time to read and reflect is not a luxury, it's a necessity. By putting us on personal terms with historic leaders in the maritime sphere he knows so well, James Stavridis gives us a compass that can help us navigate the story of our own lives, wherever that voyage takes us.

A General History of the Pyrates *The BIM Handbook is an extensively researched and meticulously written book, showing evidence of years of work rather than something that has been quickly put together in the course of a few months. It brings together most of the current information about BIM, its history, as well as its potential future in one convenient place, and can serve as a handy reference book on BIM for anyone who is involved in the design, construction, and operation of buildings and needs to know about the technologies that support it. The need for such a book is indisputable, and it is terrific that Chuck Eastman and his team were able to step up to the plate and make it happen. Thanks to their efforts, anyone in the AEC industry looking for a deeper understanding of BIM now knows exactly where to look for it." — AECbytes book review, August 28, 2008 (www.aecbytes.com/review/2008/BIMHandbook.html) DISCOVER BIM: A BETTER WAY TO BUILD BETTER BUILDINGS Building Information Modeling (BIM) offers a novel approach to design, construction, and facility management in which a digital representation of the building process is used to facilitate the exchange and interoperability of information in digital format. BIM is beginning to change the way buildings look, the way they function, and the ways in which they are designed and built. The BIM Handbook, Second Edition provides an in-depth understanding of BIM technologies, the business and organizational issues associated with its implementation, and the profound advantages that effective use of BIM can provide to all members of a project team. Updates to this edition include: Completely updated material covering the current practice and technology in this fast-moving field Expanded coverage of lean construction and its use of BIM, with special focus on Integrated Project Delivery throughout the book New insight on the ways BIM facilitates sustainable building New information on interoperability schemas and collaboration tools Six new case studies Painting a colorful and thorough picture of the state of the art in building information modeling, the BIM Handbook, Second Edition guides readers to successful implementations, helping them to avoid needless frustration and costs and take full advantage of this paradigm-shifting approach to construct better buildings that consume fewer materials and require less time, labor, and capital resources.


Preventing Psychological Disorders in Service Members and Their Families Radical Candor is the sweet spot between managers who are obnoxiously aggressive on the one side and ruinously empathetic on the other. It is about providing guidance, which involves a mix of praise as well as criticism, delivered to produce better results and help employees develop their skills and boundaries of success. Great bosses have a strong relationship with their employees, and Kim Scott Malone has identified three simple
principles for building better relationships with your employees: make it personal, get stuff done, and understand why it matters. Radical Candor offers a guide to those bewildered or exhausted by management, written for bosses and those who manage bosses. Drawing on years of first-hand experience, and distilled clearly to give actionable lessons to the reader, Radical Candor shows how to be successful while retaining your integrity and humanity. Radical Candor is the perfect handbook for those who are looking to find meaning in their job and create an environment where people both love their work, their colleagues and are motivated to strive to ever greater success.

The U.S. Navy SEAL Survival Handbook A Navy SEAL has nothing left to live for and everything to kill for after he discovers that the American government is behind the deaths of his team in this ripped-from-the-headlines political thriller that is “so powerful, so pulse-pounding, so well-written—rarely do you read a debut novel this damn good” (Brad Thor, #1 New York Times bestselling author). On his last combat deployment, Lieutenant Commander James Reece’s entire team was killed in a catastrophic ambush. But when those closest to him are murdered on the day of his homecoming, Reece discovers that this was not an act of war by a foreign enemy but a conspiracy that runs to the highest levels of government. Now, with no family and free from the military’s command structure, Reece applies the lessons that he’s learned in over a decade of constant warfare toward avenging the deaths of his family and teammates. With breathless pacing and relentless suspense, Reece ruthlessly targets his enemies in the upper echelons of power without regard for the laws of combat or the rule of law. With “crackerjack plotting, vivid characters both in and out of uniform, and a relentless pace to a worthy finish” (Stephen Hunter, #1 New York Times bestselling author), The Terminal List is perfect for fans of Vince Flynn, Brad Thor, and Nelson DeMille.

Navy Medicine Test Prep Books' OAR Study Guide 2019 & 2020: OAR Test Prep and Practice Test Questions for the Officer Aptitude Rating Exam [Includes Detailed Answer Explanations] Taking the OAR Exam? Want to get a good score? Written by Test Prep Books, this comprehensive study guide includes: - Quick Overview - Test-Taking Strategies - Introduction - Math Skills - Reading Comprehension - Mechanical Comprehension - Practice Questions - Detailed Answer Explanations Disclaimer: OAR (R) is a registered trademark of Officer Aptitude Rating. They were not involved in production and do not endorse this product. Studying is hard. We know. We want to help. You can ace your test. Each part of the test has a full review. This study guide covers everything likely to be on the OAR exam. Lots of OAR practice test questions are included. If you want to pass the exam, you need a study guide that isn't like most study guides. With Navy Rate Test Prep's HM3 Navy Hospital Corpsman Advancement Exam Study Guide: Navy Wide Advancement Exam Prep and Practice Questions for the HM3 E-4 Rank Petty Officer 3rd Class, you'll benefit from a quick but total review of everything tested on the exam with real examples, graphics, and information. Navy Rate Test Prep's NEW HM3 Navy Hospital Corpsman Advancement Exam Study Guide comes with practice questions just like you'll experience on the actual exam. The United States Navy was not involved in the creation or production of this product, is not in any way affiliated with Navy Rate Test Prep, and does not sponsor or endorse this product. Navy Rate Test Prep's HM3 Navy Hospital Corpsman Advancement Exam Study Guide offers: A full review of what you need to know for the HM3 E-4 Exam Practice questions for you to practice and improve References to source material Navy Rate Test Prep's HM3 Navy Hospital Corpsman Advancement Exam Study Guide covers: BUMEDINST 6220.98 CH-1 Healthcare-Associated Infection Prevention and Control Program BUMEDINST 6224.88 Tuberculosis Control Program BUMEDINST 6230.15B Immunizations and Chemoprophylaxis for the Prevention of Infectious Diseases BUMEDINST 6280.1C Management of Regulated Medical Waste BUMEDINST 6440.5D Navy Medicine's Augmentation Program EWS Chapter 4 Aeromedical Evacuation MCTP 3-40A Health Service Support Operations NAVEDTRA 14295B Hospital Corpsman NAVMEDP-5010 Chapter 6 Water Supply Afloat NAVMEDP-5010 Chapter 7 Wastewater Treatment and Disposal, Ashore and Afloat NAVMEDP-5010 Chapter 8 Navy Entomology and Pest Control Technology NAVMEDP-5041 Treatment of Chemical Agent Casualties and Conventional Military Chemical Injuries NAVMEDP-5042 Treatment of Biological Warfare Casualties OPNAVINST 5100.19E Navy Safety and Occupational Health (SOH) Program Manual for Forces Afloat OPNAVINST 6100.3A Deployment Health Assessment Process
Substance abuse within the military has come under new scrutiny in the context of the two concurrent wars in which the United States has been engaged during the past decade--in Afghanistan (Operation Enduring Freedom) and Iraq (Operation Iraqi Freedom and Operation New Dawn). Increasing rates of alcohol and other drug misuse adversely affect military readiness, family readiness, and safety, thereby posing a significant public health problem for the Department of Defense (DoD). To better understand this problem, DoD requested that the Institute of Medicine (IOM) assess the adequacy of current protocols in place across DoD and the different branches of the military pertaining to the prevention, screening, diagnosis, and treatment of substance use disorders (SUDs). Substance Use Disorders in the U.S. Armed Forces reviews the IOM’s task of assessing access to SUD care for service members, members of the National Guard and Reserves, and military dependents, as well as the education and credentialing of SUD care providers, and offers specific recommendations to DoD on where and how improvements in these areas could be made.

The Mis-education of the Negro

ASVAB Secrets Study Guide Fascinating, fact-filled writing that delivers hundreds of years in the life of the European continent. Terrific supplementary reading for AP History students.

Toward a New Maritime Strategy

U. S. Army Board Study Guide ACSM’s Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

Commerce Business Daily NATIONAL BESTSELLER CNBC and Strategy + Business Best Business Book of 2017 “A mind-blowing tour along the path from sex and drugs to R&D.” - Financial Times It’s the biggest revolution you’ve never heard of, and it’s hiding in plain sight. Over the past decade, Silicon Valley executives like Eric Schmidt and Elon Musk, Special Operators like the Navy SEALs and the Green Berets, and maverick scientists like Sasha Shulgin and Amy Cuddy have turned everything we thought we knew about high performance upside down. Instead of grit, better habits, or 10,000 hours, these trailblazers have found a surprising short cut. They’re harnessing rare and controversial states of consciousness to solve critical challenges and outperform the competition. New York Times bestselling author Steven Kotler and high performance expert Jamie Wheal spent four years investigating the leading edges of this revolution— from the home of SEAL Team Six to the Googleplex, the Burning Man festival, Richard Branson’s Necker Island, Red Bull’s training center, and the United Nations’ Headquarters. And what they learned was stunning: In their own ways, with differing languages, techniques, and applications, every one of these groups has been quietly seeking the same thing: the boost in information and inspiration that altered states provide. Today, this revolution is spreading to the mainstream, fueling a trillion dollar underground economy and forcing us to rethink how we can all lead richer, more productive, more satisfying lives. Driven by four accelerating forces— psychology, neurobiology, technology and pharmacology— we are gaining access to and insights about some of the most contested and misunderstood terrain in history. Stealing Fire is a provocative examination of what’s actually possible; a guidebook for anyone who wants to radically upgrade their life.

Radical Candor FM 3-05.70 is the United States Army manual used to train survival techniques (formerly the FM 21-76). It is popular among survivalists and campers. The manual covers a variety of helpful topics such as planning, psychology of survival, emergency medicine, shelter construction, water procurement, firecraft, food procurement (hunting), identification of poisonous plants, and construction of field expedient weapons, tools and equipment.

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