

1. Record Nr.	UNINA9910457343703321
Autore	Van Wormer Nicholas
Titolo	The ultimate guide to Air Force basic training [[electronic resource] ] : tips, tricks, and tactics for surviving boot camp / / Nicholas Van Wormer
Pubbl/distr/stampa	El Dorado Hills, Calif., : Savas Beatie, c2010
ISBN	1-61121-061-5
Descrizione fisica	1 online resource (193 p.)
Disciplina	358.4150973
Soggetti	Basic training (Military education) - United States Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Foreword; Introduction; PART 1: The U.S. Air Force; Chapter 1: Air Force Overview; Chapter 2: Air Force Personnel and Jobs; Chapter 3: Fact or Fiction: Misconceptions about the Air Force; Chapter 4: Air Force Reserve and Air National Guard; PART 2: Joining Made Easy; Chapter 5: How to Talk with a Recruiter; Chapter 6: Prepare Yourself Early; Chapter 7: MEPS: Military Entrance Processing Station; Chapter 8: The All-Important ASVAB; Chapter 9: Fit to Fight: Fitness Preparation for Basic Training; Chapter 10: Packing for BMT: Helpful Tips on What to Bring Chapter 11: Military Training Instructors: The Mental GamePART 3: Basic Training; Chapter 12: Arriving in San Antonio: The Beginning of Zero Week; Chapter 13: Make the Most of Your Meals; Chapter 14: Week 1: How to Survive the Beginning of Training; Chapter 15: Study Guide; Chapter 16: Weeks 2-4: The Pressure Rises; Chapter 17: The Gas Chamber; Chapter 18: Week 5: More Stress, Less Time . . . No Problem; Chapter 19: Dress Faster Than Superman; Chapter 20: Week 6: Concurring the BEAST; Chapter 21: Top 15 Most Common "Do Not's" for Trainees; Chapter 22: Week 7: So Close, Yet So Far Chapter 23: How To . . .Chapter 24: Week 8: Congratulations Airman!; Chapter 25: Tips for Success; Chapter 26: Interview with an MTI; Chapter 27: Acronyms and Terms; Appendix: Workout Logs; Index
Sommario/riassunto	Air Force basic training is now more challenging than ever, both mentally and physically. In the past few years the Air Force has

redesigned its basic military training requirements to prepare airmen for the ever-changing role the Air Force is now engaged in around the world in today's War on Terror. The Ultimate Guide to Air Force Basic Training shows you, step by step, how to survive and thrive in today's basic training program. Beginning with the recruiting process and taking you all the way through basic training graduation day, this book answers all your questions and will help alleviate y

2. Record Nr.	UNISA996385260603316
Autore	Hurault Michel <d. 1592.>
Titolo	A discourse vpon the present state of France [[electronic resource]]
Pubbl/distr/stampa	Imprinted at London, : [By J. Wolfe], 1588
Descrizione fisica	98 p
Soggetti	France History Henry III, 1574-1589 Early works to 1800
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	A translation of part 1 of: Hurault, Michel. Discours sur l'estat de la France. Printer's name from STC. Variant: lacking "at London" in the imprint. Reproduction of the original in the Henry E. Huntington Library and Art Gallery.
Sommario/riassunto	eebo-0113