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Sommario/riassunto	National Service (NS) is a defining part of the Singapore identity and it has been the rite of passage for every Singaporean son since 1967. Boys to Men: The Complete Guide for National Servicemen, put together by a team of professionals that includes doctors, exercise specialists, sports scientists, physiotherapists and military personnel, offers pragmatic advice for young men making the transition from civilian to National Serviceman. The invaluable information for physical and psychological well-being in this authoritative book will not just motivate readers, it promises to guide every enli