

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.	UNINA9910458788903321
Autore	Dunaway David King
Titolo	A Pete Seeger discography [[electronic resource] ] : seventy years of recordings / / David King Dunaway
Pubbl/distr/stampa	Lanham, Md., : Scarecrow Press, 2010
ISBN	1-282-92239-4 9786612922398 0-8108-7719-8
Descrizione fisica	1 online resource (317 p.)
Collana	American folk music and musicians series ; ; no. 14
Disciplina	782.421620092
Soggetti	Folk music - United States Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	Contents; Series Editor's Foreword; Acknowledgments; Introduction; Ch01. Albums; Photospread; Ch02. Singles; Ch03. Foreign Releases; Ch04. Private Pressings; Appendix. The Folkways/MosesAsch Recordings; Song Title Index; Album Index; Collaborating Artist Index; About the Author
Sommario/riassunto	Pete Seeger is one of the most recorded artists in American history, and his recording catalog tells us not just the story of his career but the story of our culture and its political and social history. This book is a comprehensive listing of the 45s, 78s, LPs, and CDs recorded by Seeger in his various incarnations: with the Almanac Singers, with the Weavers, as a solo artist, and with other musicians and contributors. It provides

information, with easy to use cross-references, on rare recordings and archival collections.

3. Record Nr.	UNISALENTO991004353537407536
Autore	Salvadori, Massimo L.
Titolo	L'alternativa dell'Europa : Quarant'anni dopo Yalta / Massimo L. Salvadori
Pubbl/distr/stampa	Roma ; Bari : Laterza, 1985
Descrizione fisica	133 p. ; 18 cm
Collana	Saggi tascabili Laterza ; 109
Disciplina	940.09
Soggetti	Politica - Europa
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia