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Breaking Buds How Regular Guys Can Become Navy Seals

pdf Breaking BUD/S: How Regular Guys Can Become Navy SEALs Detail Book Author : DH Xavier Pages : 422 pages Publisher : CreateSpace Independent Publishing Platform 2013-04-28 Language : English

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"Breaking BUD/S" covers its subject as thoroughly as any book I ' ve read on any subject. It lists the four possible paths to BUD/S training (Naval Academy, ROTC, Officers Candidate School, and regular enlistment), giving the pros and cons of each and a step-by-step guide for following whichever path is chosen.

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Breaking BUD/S: How Regular Guys Can Become Navy SEALs (formerly The SEAL Training Bible) by DH Xavier English | December 5, 2013 | ISBN: 1484087151 | 423 pages | AZW3 | 0.49 MB

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