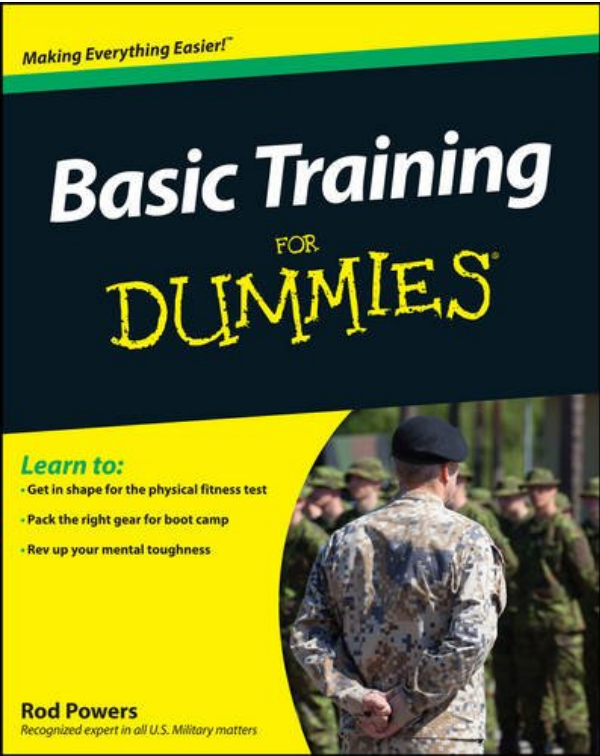
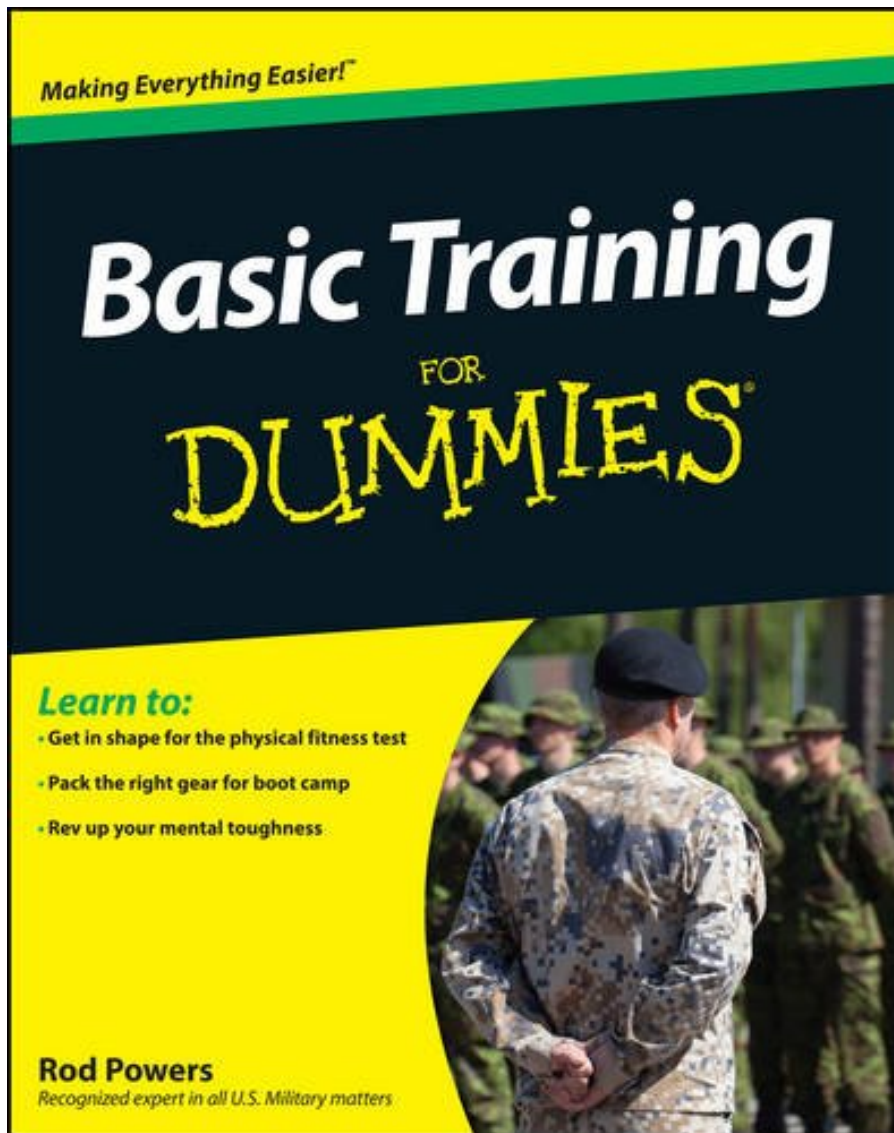


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From the Back Cover

Learn to:

- Get in shape for the physical fitness test
- Pack the right gear for boot camp
- Rev up your mental toughness

The easy way to survive and thrive in boot camp

Whether you join the Army, Air Force, Navy, Marine Corps, or the Coast Guard, this friendly guide gives you week-by-week information on what to expect in basic training for each branch of service, such as physical training, discipline, classroom instruction, drill and ceremony, obstacle courses, simulated war games, self-defense, marksmanship, and other milestones.

- Basic training 101 — discover what to expect during military basic training, from what happens on the firing range to which jobs you may want to volunteer for (and which ones to avoid at all costs)
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About the Author

Rod Powers, a recognized expert in all U.S. military matters, is the author of *ASVAB For Dummies* and serves as a military guide for About.com.

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The easy way to prepare for basic training

Each year, thousands of young Americans attempt to enlist in the U.S. Armed Services. A number of factors during a soldier's training could inhibit successful enlistment, including mental toughness and physical fitness levels. Basic Training For Dummies covers the ins and outs of this initial process, preparing you for the challenges you'll face before you head off for basic training..

You'll get detailed, week-by-week information on what to expect in basic training for each branch of service, such as physical training, discipline, classroom instruction, drill and ceremony, obstacle courses, simulated war games, self-defense, marksmanship, and other milestones.

- Tips and information on getting in shape to pass the Physical Fitness Test (PFT)
- All-important advice on what to pack for boot camp
- Other title by Powers: ASVAB For Dummies Premier, 3rd Edition, Veterans Benefits For Dummies

Whether you join the Army, Air Force, Navy, Marine Corps, or the Coast Guard, Basic Training For Dummies prepares you for the challenge and will help you survive and thrive in boot camp!

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- Dimensions: 9.30" h x .75" w x 7.40" l, 1.25 pounds
- Binding: Paperback
- 384 pages

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Most helpful customer reviews

11 of 11 people found the following review helpful.

GOOD INFORMATION AND SOUND ADVICE

By D. Blankenship

I have to admit that I had my doubts about this book at first but since I have a grandson who will soon be leaving for Army basic training, I figured why not...it can't hurt. I must say that I was pleasantly surprised with the information I found in this book. (Yes, I did read the thing before I passed it on to him). It also interested me because of the fact that it will be 50 years this coming June that I entered basic training myself and I was sort of curious to see how things had changed and if so, how much.

Now it must be remember by anyone reading this work who is planning to go through the process that each individuals experience in basic training, or boot camp will be a bit different than anyone else's. Because you are dealing with literally hundreds of personalities things are bound to be different for each and ever person. Couple that with the fact that our perceptions of each and every event we encounter are different from every one else, then you can see why there would be and is so many different takes on the subject.

Well I found that a lot had hanged in fifty years and at the same time I found that a lot had not. I was somewhat familiar with the current process because I still have friends to are quite involved with basic military training and via conversations I get quite a lot of information.

The author has given us a look at the inside off the basic training for all branches of services; Navy, Marine, Army, Air Force and Coast Guard. The book is set up as most "Dummy Series" books are and is quite easy to navigate. Just about every conceivable aspect of this important training is covered and the author has interspersed absolutes with very sound advice on how to "survive" different situations. He has given a very good description of what the new recruit can expect and what is expected of him or her. The author does give nice little military history lessons throughout the book and for it being such a serious subject, can at times be

pretty amusing.

This is one of those books that simply cannot be everything for everyone, but it most certainly is a worthwhile read and it most certainly cannot hurt to read it. Actually, I wish I had such a book before I went through this rather unique experience. It would have made my journey much easier.

Don Blankenship
The Ozarks

6 of 7 people found the following review helpful.

Going to Basic Training? Get this book!!

By SBCincinnati

Basic Training For Dummies (For Dummies (Career/Education)) covers everything you need to know if you are considering enlisting in any branch of the U.S. Military. Whether you are joining the Army, Navy, Air Force, Marines or Coast Guard, this book has easy to find information on what to expect from basic training and more.

Chapters include military ranks, military laws, how to get into shape for basic training, what to pack for basic, MEPS (Military Entrance Processing Station), jobs at basic, as well as a break down of each week of basic training.

I asked someone who recently completed Navy basic training what she thought of this book. She said that the book is accurate and full of great information.

I would highly recommend Basic Training For Dummies to anyone enlisting in the military.

4 of 5 people found the following review helpful.

Great Book - Highly Recommend

By Lindsey

I got this book in order to get ready for boot camp for the Coast Guard. I must admit it was so well written that I couldn't put it down. I learned everything I needed to know for boot camp for the Coast Guard, and all the other branches of the United States Military as well. I really can't think of anything bad to complain about concerning this book. It really does give great insight as to what to expect - especially for me. I really feel prepared and not nervous at all about going to boot camp now. I gave the book to my parents to read as well and they are also really happy to know all about Basic Training for the military and what to expect when I am gone. I found the history portion of the book really informative and interesting also. I recommend this book to ANYONE going in any branch of the U.S. military, and for any family members who may be nervous or anxious about a loved one enlisting in the military. It really has calmed my nerves and I feel prepared and even excited about shipping out.

See all 48 customer reviews...

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