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Ralph Pezzullo. Categories:  
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Recovery Office in Belgium, who used the previous Navy SEAL Guide and posed many

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questions before the new guide was begun and provided excel-lent comments based on his use of the information for deployments. We also thank CAPT Roger Herbert, Commander of NSW Training who spent time discussing the importance of nutrition to BUD/S training. Ms.

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rather than being another checklist of skills like so many survival books flooding the industry.

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