

Commando Dad Basic Training How To Be An Elite Dad

The nine months is up and the new baby is finally here! But what do you do when your darling child calls to ask you to play babysitter? You've been through it all before and then some, but with the help of this quirky little book you'll be sailing through those unexpected play dates with your nerves and your furniture intact. With top tips on navigating the new grandparental responsibilities and pithy one-liners about the truths of grandparenting, 'Baby Tips for Grandparents' is the perfect gift for any new nan or grandad.

"The book presents eight issues that hold people back such as guilt, shame, fear, anger, and isolation and helps readers give them, replacing them with positives such as hope, love, trust, forgiveness, connection and community"--Provided by publisher.

Swapping his beret for a chef's hat, Neil Sinclair, author of the bestselling *Commando Dad: Basic Training*, is back. Bursting with simple, healthy recipes, his cookbook will help you master the kitchen basics and prepare meals the family will love. Let the cooking adventures commence!

For dads who are excited to be involved with their new baby, but might not quite know where to start, *Show Dad How* is an ideal resource. From practical to playful, 156 awesome things every new father needs to know--one step at a time. In a series of nearly wordless, highly informative, often hilariously illustrated, step-by-step

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activities, dads-to-be learn how to do dozens of useful (and fascinating and important and sometimes surprisingly fun) tasks

In your hand is an indispensable pocket-sized training manual for new dads. Written by ex-Commando and father of three, Neil Sinclair, this no-nonsense guide will teach you how to:* Prepare base camp for your baby trooper's arrival* Survive the first 24 hours* Establish feeding/sleeping routinesAnd much, much more.Let training commence!

The 'Devil's Brigade' was the name given to US/Canadian special forces in World War II, who saw action in the Aleutian Islands, Italy and the south of France. This account was co-written by a brigade veteran and includes profiles of many of his comrades in this famously rugged unit.

“Brilliantly researched, utterly gripping history: the first full account of a remarkable group of Jewish refugees—a top-secret band of brothers—who waged war on Hitler.”—Alex Kershaw, New York Times best-selling author of *The Longest Winter* and *The Liberator* The incredible World War II saga of the German-Jewish commandos who fought in Britain’s most secretive special-forces unit—but whose story has gone untold until now June 1942. The shadow of the Third Reich has fallen across the European continent. In desperation, Winston Churchill and his chief of staff form an unusual plan: a new commando unit made up of Jewish refugees who have escaped to Britain. The resulting volunteers are a motley group of intellectuals, artists, and athletes, most from Germany and Austria. Many have been

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interned as enemy aliens, and have lost their families, their homes—their whole worlds. They will stop at nothing to defeat the Nazis. Trained in counterintelligence and advanced combat, this top secret unit becomes known as X Troop. Some simply call them a suicide squad. Drawing on extensive original research, including interviews with the last surviving members, Leah Garrett follows this unique band of brothers from Germany to England and back again, with stops at British internment camps, the beaches of Normandy, the battlefields of Italy and Holland, and the hellscape of Terezin concentration camp—the scene of one of the most dramatic, untold rescues of the war. For the first time, X Troop tells the astonishing story of these secret shock troops and their devastating blows against the Nazis. “Garrett’s detective work is stunning, and her storytelling is masterful. This is an original account of Jewish rescue, resistance, and revenge.”—Wendy Lower, author of *The Ravine* and National Book Award finalist *Hitler’s Furies*

Following on from the highly successful first edition, published in 2006, the second edition of *Basic Orthopaedic Sciences* has been fully updated and revised, with every chapter rewritten to reflect the latest research and practice. The book encompasses all aspects of musculoskeletal basic sciences that are relevant to the practice of orthopaedics and that are featured and assessed in higher specialty exams. While its emphasis is on revision, the book contains enough information to serve as a concise textbook, making it an invaluable guide for all trainees in orthopaedics and trauma preparing for the FRCS (Tr & Orth) as well as for

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surgeons at MRCS level, and other clinicians seeking an authoritative guide. The book helps the reader understand the science that underpins the clinical practice of orthopaedics, an often neglected area in orthopaedic training, achieving a balance between readability and comprehensive detail. Topics covered include biomechanics, biomaterials, cell & microbiology, histology, structure & function, immunology, pharmacology, statistics, physics of imaging techniques, and kinesiology.

“Straight up, parent tested, and funny to boot, Jamie gives you all the information you need.” —Amber Dusick, author of *Parenting: Illustrated with Crappy Pictures* A proven six-step plan to help you toilet train your preschooler quickly and successfully, from potty-training expert, Pied Piper of Poop, and social worker Jamie Glowacki. Worried about potty training? Let Jamie Glowacki, potty-training expert, show you how it's done. Her 6-step, proven process to get your toddler out of diapers and onto the toilet has already worked for tens of thousands of kids and their parents. Here's the good news: your child is probably ready to be potty trained EARLIER than you think (ideally, between 20–30 months), and it can be done FASTER than you expect (most kids get the basics in a few days—but Jamie's got you covered even if it takes a little longer). If you've ever said to yourself: ** How do I know if my kid is ready? ** Why won't my child poop in the potty? ** How do I avoid “potty power struggles”? ** How can I get their daycare provider on board? ** My kid was doing so well—why is he regressing? ** And what about nighttime?! Oh Crap! Potty Training can solve all of these (and other) common issues. This isn't theory, you're not bribing with candy, and there are no gimmicks. This is real-world, from-the-trenches potty training information—all the

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questions and all the ANSWERS you need to do it once and be done with diapers for good.

3 Day Potty Training is a fun and easy-to-follow guide for potty training even the most stubborn child just 3 days. Not just for pee and poop but for day and night too! Lora's method is all about training the child to learn their own body signs. If the parent is having to do all the work, then the child isn't truly trained, but with Lora's method your child will learn when their body is telling them that they need to use the potty and they will communicate that need to you.

Project 9: The Birth of the Air Commandos in World War II is a thoroughly researched narrative of the Allied joint project to invade Burma by air. Beginning with its inception at the Quebec Conference of 1943 and continuing through Operation Thursday until the death of the brilliant British General Orde Wingate in March 1944, less than a month after the successful invasion of Burma, Project 9 details all aspects of this covert mission, including the selection of the American airmen, the procurement of the aircraft, the joint training with British troops, and the dangerous night-time assault behind Japanese lines by glider. Based on review of hundreds of documents as well as interviews with surviving Air Commandos, this is the history of a colorful, autonomous, and highly effective military unit that included some of the most recognizable names of the era. Tasked by the General of the Army Air Forces, H. H. "Hap" Arnold, to provide air support for British troops under the eccentric Major General Wingate as they operated behind Japanese lines in Burma, the Air Commandos were breaking entirely new ground in operational theory, tactics, and inter-Allied cooperation. Okerstrom's in-depth research and analysis in Project 9 shed light on the operations of America's first foray into special military operations, when these heroes led the way for the formation of modern special operations teams such as Delta

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Force and Seal Team Six.

Creator of the popular blog "The Unmumsy Mum," Sarah Turner offers an uncensored account of her early years of parenting. Sarah Turner's first few months of parenting were tough. On the darkest of sleep-deprived days, when the baby would not settle and she was irritable and the house was a disaster-zone, she wanted to read about someone who felt the same. Someone who would reassure her that she wasn't a total failure. But she found nothing of the sort. She decided then and there that she would write something herself. She would document parenthood as she found it. Not how she wanted to find it or how she wanted other people to think that she found it. But how it was. Warts and all. Thus, her blog was born. Now with thousands of followers, "The Unmumsy Mum" blog covers everything from "baby-wearing incompetence" to "second child shortcuts." Full of candor, humor, and charm, this book—a #1 Sunday Times bestseller—shows us that we can read every parenting manual under the sun, but still have no bloody clue—and not having a clue is just fine. The Unmumsy Mum is a winner of the 2017 Family Choice Awards.

Potty train your child confidently, quickly, and successfully—even as a first-time parent! Are you nervous about potty training? Worried that you don't know enough to see it through to the end? Concerned that you don't have enough time to devote to it? This positive, practical, easy-to-follow guide is here to help. By approaching potty training with a proven program, first-time tips and tricks, the right tools, and a confident mindset, you can cross dirty diapers off your endless to-do list and celebrate your child's transition to the toilet. Here's everything you need to know to get your child out of diapers once and for all! The First-Time Parent's Guide to Potty Training features:

- An easy, step-by-step, 3-day program for ditching diapers, including nap and

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nighttime training, day care strategies, and on-the-go potty training • Troubleshooting advice for accidents, backsliding, temper tantrums, and more • Guidance for your child if they're anxious, willful, or simply reluctant You can potty train your child, and this book will guide you and cheer you on every step of the way.

Commando Dad Raw Recruits is a must-have manual for all dads-to-be. It demystifies pregnancy and childbirth; provides the essential back-up information men need to support their partners and prepares them for the radical changes to their life that a new BT (baby trooper) will inevitably bring. It is packed with straightforward advice, guidance, clear diagrams, advice and tips. This accessible guide is loosely based on the British Army's Basic Battle Skills - and has a light-hearted military flavour throughout. With Commando Dad's rules and specially adapted military phrases such as: 'deployment date' (due date); 'BT' (baby trooper); 'CO' (Commanding Officer - the person in charge - or, in this context, the mum-to-be), 'Deployment Kit List' (the essential kit needed for the birth) and 'Sensory Overload' (used to explain the situation when you get so overwhelmed with new information being thrown at you that it impacts your ability to act effectively) - this a fun but ultimately useful book for every man about to embark on his greatest ever mission: fatherhood.

www.commandodad.com

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This essential guide to pregnancy offers everything the expecting father needs to know in the run-up to the birth, or "deployment day." Packaged like an army training manual

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and written in guy-friendly, no-nonsense military speak, it presents month-by-month overviews of the baby's development, the lowdown on pregnancy symptoms, tips for supporting the mom-to-be, a guide to prenatal care, and what to expect during labor and beyond. With expert advice, easy-to-follow information, and commentary from other first-time fathers, it's the go-to reference for the dad-to-be who wants to prepare himself—mentally, physically, and emotionally—for the arrival of his new recruit.

When it comes to the unknown territory of having a baby, moms-to-be have nearly unending resources to plan and execute a healthy pregnancy and navigate those first months and years as a parent with confidence. New dads? Not so much. They want to get in the game too, but, says Super Bowl champion Benjamin Watson, "I could find clearer direction for putting together a baby swing than for taking care of a newborn child." The New Dad's Playbook is every man's game plan to being the best partner and the best father, from pre-season (preparing for fatherhood) to Super Bowl (birth) to post-season (after baby is home). It helps men understand what their wives are going through physically and emotionally during and after pregnancy, allowing them to support their most important teammate. It tells men what to expect when their baby is home--and what to do when the unexpected happens. This tell-it-like-it-is book will take men from just winging it to winning it.

"Now I am become Death, destroyer of worlds." Dr. Grace Llewellyn quotes Oppenheimer as her creation takes its first breath. Moments later, a US military strike team hits her laboratory in suburban Maryland. Markus Stebbings is hiding terminal brain cancer, hoping to remain alive and a part of Delta long enough to die for something that matters. The mission to destroy a domestic terrorist cell in possession of a nuclear bomb sounds like the opportunity he is looking for,

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until he realizes that his targets are not terrorists, and that what they have is something infinitely more dangerous than a bomb. On the run with Grace and the device she calls Prometheus, Markus finds himself pitted against the full might of US intelligence and military forces as they mount the biggest manhunt ever conducted on American soil. He quickly learns that Prometheus represents a technological advancement so profound that it can alter the course of history. What he doesn't know is that there is another such device already in play, and that he, Grace and Prometheus are all that stand between it and the end of human civilization as we know it.

While Adobe Photoshop has long been their choice for editing digital photographs, many photographers want a more focused tool. That's where Adobe Photoshop Lightroom comes in. Designed from the ground up with digital photographers in mind, Photoshop Lightroom offers powerful editing features in a streamlined interface that lets photographers import, sort, and organize images. The Adobe Photoshop Lightroom Book was also written with photographers in mind. Best-selling author Martin Evening describes Photoshop Lightroom's features in detail from a photographer's perspective. As an established commercial and fashion photographer, Martin knows firsthand what photographers need for an efficient workflow. He's also been working with Photoshop Lightroom from the beginning, monitoring the product's development and providing feedback on the public beta. As a result, Martin knows the software inside and out, from image selection to image editing to image management. In this book you'll learn how to: Work efficiently with images shot in the raw format import photographs with ease and sort them according to your workflow Create and manage a personal image library Apply tonal corrections to multiple images quickly Integrate

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Photoshop Lightroom with Adobe Photoshop Export images for print or Web as digital contact sheets or personal portfolios Photographers will find Adobe Photoshop Lightroom—and The Adobe Photoshop Lightroom Book—indispensable tools in their digital darkroom. A free Lightroom 1.1 PDF supplement update is now available at www.peachpit.com/register.

Appel: A Canadian in the French Foreign Legion is the first-hand account of the author's six years as a professional soldier during the 1990s, and his experience in the Legion's elite Groupe des Commandos Parachutistes (GCP). Joel Struthers recounts the dangers and demands of military life, from the rigours of recruitment and operational training in the rugged mountains of France, to face-to-face combat in the grasslands of some of Africa's most troubled nations. Told through the eyes of a soldier, and interspersed with humorous anecdotes, Appel is a fascinating story that debunks myths about the French Foreign Legion and shows it more accurately as a professional arm of the French military. Struthers provides insight into the rigorous discipline that the Legion instills in its young recruits, – who trade their identities as individuals for a life of adventure and a role in a unified fighting force whose motto is "Honour and Loyalty."

Foreword by Col. Benoit Desmeulles, former commanding officer of the Legions 2e Régiment Étranger Parachutistes. With the authenticity of Jarhead and Bravo Two Zero and the straight-up narrative of Contact Charlie, this military memoir describes what really goes on in the training of an elite soldier and his tours in Afghanistan. In 2004, Jake Olafsen signed up for the Royal Marines Commandos. He left everything behind at home in Canada on the basis of a spur-of-the-moment decision. The Royal Marines have the toughest and longest basic training of any infantry unit in the world. For Olafson, this meant eight months of wet and cold in England and

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Wales. It was hell, but he came out with the four Commando qualities that the corps look for: courage, determination, unselfishness, cheerfulness in the face of adversity. Olafsen went on to serve for four years as a Commando in the Royal Marines, an elite military unit based in the United Kingdom. He went to Afghanistan twice: in 2006, he went to confront the Taliban in Helmand Province for six months, and in 2007, he was sent to do it all over again. His story is filled with good experiences, like the sense of accomplishment, patriotism, and camaraderie, and the opportunity to travel the world. But all good things come at a price. The sacrifices he made for the Corps are significant; he has killed the enemy and he has buried his friends. And in telling his story, Olafsen hopes that he can make sense of it all. This is an honest, gutsy story about the mud and the blood, the triumphs and the tragedies. From the Hardcover edition.

Explains the principles, and basic postures and movements of aikido with special emphasis on key points to perfect one's technique, develop greater strength, and increase one's speed

"The Soft Bigotry of Low Expectations" are 13 short stories featuring a Condo Commando, a Stranger on a Pay Phone, a Ballbuster, a Distasteful Revenge, a Massage Nazi, a Certified Psychic Tour Guide, a Tattoo Boy and Sweaty Beer! Seen from the eyes of young Sam Giamatti, "The Soft Bigotry of Low Expectations" presents this individual's rite of passage from proposed happiness to the nectar found in sweaty beer. These 13 tales range from gross to funny; with a few jabs poked at religion, sex and politics. "The Soft Bigotry of Low Expectations" is deliberately controversial and funny like "Saturday Night Live" used to be.

As used by Prince William himself, here's the basic training manual for fatherhood recruits! This easy-to-use reference is packed with practical, fieldtested instructions for caring for

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new troopers, from birth to age three. New dads will learn how to prepare the home for the latest addition to the corps; establish a sleep routine; deal with hostile uprisings; feed, burp, and bathe a baby trooper; and much, much more. Written by an ex-commando and father of three, the book looks and reads like a basic training military manual and is full of no-nonsense advice delivered in a relatable and warm-but not sappy-tone.

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Attention! In your hand is an indispensable training manual for new recruits to fatherhood. Written by ex-Commando and dad of three, Neil Sinclair, this manual will teach you, in no-nonsense terms, how to:

- Survive the first 24 hours
- Prepare and Plan to Prevent Poor Parental Performance
- Maintain morale in the ranks
- Feed, clothe, transport and entertain your troops
- Transport the troops successfully on manoeuvres
- Increase your flash to bang' time and 'square away' tasks along the way. And much, much more. Let Training Commence.

For most men, discovering you're about to be a father comes with a LOT of questions, A Man's Guide to Having a Baby will answer them and many more, guiding you through what it takes to become a reliable, supportive partner and amazing father.

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Presenting a fascinating insider's view of U.S.A.F. special operations, this volume brings to life the critical contributions these forces have made to the exercise of air & space power. Focusing in particular on the period between the Korean War & the Indochina wars of 1950-1979, the accounts of numerous missions are profusely illustrated with photos & maps. Includes a discussion of AF operations in Europe during WWII, as well as profiles of Air Commandos who performed above & beyond the call of duty. Reflects on the need for financial & political support for restoration of the forces. Bibliography. Extensive photos & maps. Charts & tables.

"Edgerton is so, so funny. He captures the rainbows, cheap thrills, and irritating potholes of parenting with splendid understatement."--Library Journal (Starred Review) After three decades of being a father, Clyde Edgerton-with four kids ranging in age from six to 30-is supremely qualified to give tips to dads of all ages. His fathering advice, pre-birth through schooling, involves plenty of his trademark humor, but also sound guidance enhanced by his training and experience as an educator. Papa Edgerton suggests that on occasion a father might forego reading and just point to the pictures of dogs and cats in baby books, and also that he might place a blanket on the lawn, lie on his back with the whole family, and watch Sky Television. Edgerton's humorous and helpful counsel will guide new parents on interacting with in-laws and coping with sleep deprivation, while also providing strategies for recovery after you've cursed in front of a mimicking baby. "If you don't feel apprehensive just before your first child is to arrive, you are abnormal," writes Edgerton. Yet by way of his experience, observation, and imagination, he provides caution and pure joy in equal measure.

Written by ex-Commando and dad of three Neil Sinclair, this

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no-nonsense manual is a must-have for every man about to embark on his greatest mission: fatherhood. With straightforward and practical advice for all new recruits, from early reconnaissance right up to the deployment date, learn how to:

- Ø Prepare for your baby trooper's arrival
- Ø Manage your Commanding Officer (i.e., the mum-to-be) in all terrains
- Ø Pack your Deployment Kit list (i.e., the hospital bag) ... and much more

Let the mission begin! www.commandodad.com

In 1989, deep in the South American jungles of Suriname, a former commando and Falklands War veteran discharged from the SAS found himself with a group of contract soldiers training a rebel army against a violent dictator regime. Things were not so clear cut in this war-torn country and as cracks began to appear in finding out who had the moral high ground, cracks also began to appear in the team itself. It seemed the leader of the group had other agendas which he was keeping from the mixed bag of former British commandos and French Foreign Légion soldiers. Now, as all-out war has got ever closer, this becomes increasingly difficult for the author, as he too, has not been totally truthful with the others.

This book tells the fascinating story of the origins of the Commandos (Britain's first Special Service troops and the forerunners of today's Parachute Regiment, the SAS and the SBS) and the development of their special training in World War II. The commandos were raised on the specific and personal orders of the prime minister, Winston Churchill, in the dark days of the summer of 1940 when these islands faced the real threat of a Nazi invasion. It was a bold, but typically Churchillian, decision. The book traces the formation of the Commandos and the development of the extreme and often unorthodox training methods and techniques used to prepare the volunteers from all branches of the British Army for subsequent world-wide operations from 'bolt and butcher'

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raids to the 'great raids' on Norway and France and finally their employment in the full scale invasions of North Africa. Sicily, Italy, Normandy, the Crossing of the Rhine and finally in Burma, whilst at all times fostering that indomitable fighting spirit with which the name 'Commando' became synonymous. So great was the Commandos' contribution in that war that the Army Commandos were awarded thirty eight Battle Honors and these are emblazoned on the Commando Flag which hangs in Westminster Abbey. Arguably the Army Commandos were disbanded too hastily after the War but their legacy, traditions and fighting spirit lives with those artillery, engineer and corps troops who today win their coveted 'Green Berets' and serve alongside their comrades of the Royal Marines on active service today.

Commando Dad: Basic Training
How to be an Elite Dad or Carer, From Birth to Three Years
Summersdale Publishers LTD - ROW

Silver boots, perma-tanned skin, shaven legs and gravity-defying red spikes in his hair – Gavin Henson is Wales's hottest new celeb and rugby's golden boy. This is his story of a momentous year in rugby, starting with an epic Six Nations Grand Slam for Wales, followed by the toughest of all tours, the British Lions in New Zealand.

He is one of the most highly decorated soldiers alive. He is also the first to break the code of silence about the most elite fighting force in the world. What Andy McNab has to say is so explosive that the British government tried to stop him. A street fighter, a hard case, and a flawless soldier, Andy McNab became one of the elite fighting men in "the

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Regiment"--Britain's covert SAS. His actions behind the lines in the Gulf War made him a hero. But the full story of his life and his amazing career in Special Forces has remained a secret...until now. In harrowing detail, McNab takes us inside the Regiment, chronicling nine years of covert operations on five continents. Plunging us into a world of surveillance, counterintelligence, and hostage rescue, he takes us behind the scenes on some of their top secret missions. For the first time, he reveals the shocking details of their training--physically severe, mentally grueling, and sometimes deadly. And he dares to expose some of their highly confidential codes and rules--including the one that sanctions murder. This is the story of the fighting men of the SAS. Here is how they live. And here is how they die...

Mary, a trauma unit nurse in Vietnam, inadvertently becomes caught up in a CIA project on combat-induced ESP experiences

An indispensable survival manual for men entering the trenches of fatherhood, *Be Prepared* is loaded with one-of-a-kind insights, MacGyver-esque tips and tricks, and no-nonsense advice for mastering the first year as a dad. Finally, a book that teaches men all the things they really need to know about fatherhood...including how to: -Change a baby at a packed sports stadium -Create a decoy drawer full of old wallets, remote controls, and cell phones to

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throw baby off the scent of your real gear -Stay awake (or at least upright) at work -Babyproof a hotel room in four minutes flat -Construct an emergency diaper out of a towel, a sock, and duct tape Packed with helpful diagrams and detailed instructions, and delivered with a wry sense of humor, *Be Prepared* is the ultimate guide for sleep-deprived, applesauce-covered fathers everywhere. The author of this concise guide to unarmed combat and self-defence is a legend. W. E. Fairbairn (1885-1960) spent over thirty years in the tough environment of the Riot Squads of China's Shanghai Municipal Police. In order to lower levels of Police mortality at the hands of Chinese Tongs, he studied ancient Chinese and Japanese martial arts, including Ju-jitsu, and was the first foreigner to be awarded a black belt in the discipline. He developed his own system which he called 'Defendu'. At the outbreak of the Second World War, he was recruited by Britain's Special Operations Executive as an Instructor in unarmed combat and expounded the deadly mysteries of attack and defence to scores of trainee agents about to be dropped into occupied Europe. His methods were approved and officially adopted throughout the British army. Fairbairn also developed weapons and defence aids such as bullet proof vests. He is best known as the co-inventor of the famous Sykes-Fairbairn knife. In this book he expounds his distilled experience of unarmed

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combat. Fully illustrated, it shows how to deliver deadly blows with hand, fist, knee and boot; wrist, bear- and strangle holds (and how to break them); how to throw an enemy, and how to break their backs; how to disarm a pistol-wielding attacker; and securing a prisoner. The book also contains a chapter on the use of the rifle in close combat by Captain P. N. Walbridge.

Rally the troops – it's time for adventure! Ex-Commando and dad of three Neil Sinclair follows his bestselling parenting manual 'Commando Dad: Basic Training' with this book bursting with ideas for getting active with your kids. Suitable for children aged 4 and up, this fully illustrated field guide is packed with dozens of missions for you and your troops to enjoy, including:

- Make a rope swing
- Navigate by the stars
- Build a natural lean-to shelter
- Make indoor rain
- Learn to tie knots

All with expert advice and carefully drafted mission briefs to make sure you get the most out of your time together. Discover the tried-and-tested Commando Dad approach to parenting and teach your young troopers to be the best they can be!

“Brilliant. . . . Lewis has given us a spectacular account of two great men who faced up to uncertainty and the limits of human reason.”

—William Easterly, Wall Street Journal Forty years ago, Israeli psychologists Daniel Kahneman and Amos Tversky wrote a series of breathtakingly

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original papers that invented the field of behavioral economics. One of the greatest partnerships in the history of science, Kahneman and Tversky's extraordinary friendship incited a revolution in Big Data studies, advanced evidence-based medicine, led to a new approach to government regulation, and made much of Michael Lewis's own work possible. In *The Undoing Project*, Lewis shows how their Nobel Prize-winning theory of the mind altered our perception of reality.

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