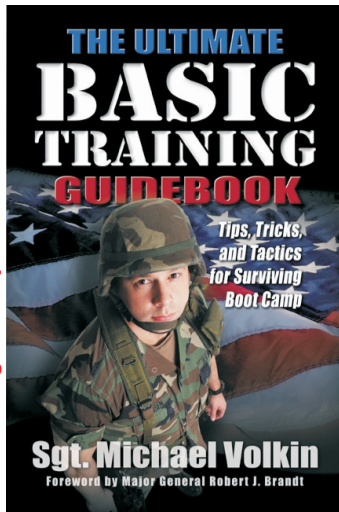


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## ***The Ultimate Basic Training Guidebook***

Tips, Tricks, and Tactics for Surviving Boot Camp

by **Sgt. Michael Volkin**

As anyone who has undergone the transition from civilian to soldier can tell you, basic training is a lot tougher and more challenging than any recruit imagines. Michael Volkin also discovered that fact soon after 9-11, when his personal vow to “serve my country” convinced him to enlist in the U. S. Army. As Volkin quickly discovered, he was utterly unprepared for the new world of the military, “a completely different environment full of unknown exercises and acronyms, where can’t eat or talk without permission.”

Volkin began taking notes on everything and anything with the hope that “no one else would have to go through basic training like I did—completely unarmed with knowledge that would have eased my transition into the military and allowed me to be more successful.” During Operation Enduring/Iraqi Freedom, Volkin organized his notes, interviewed hundreds of other soldiers, and began to write. The result is *The Ultimate Basic Training Guidebook*, a unique and utterly indispensable guide to successfully coping with and thriving in today’s military.

Volkin’s new book is a comprehensive, practical, and easy-to-follow survival guide written specifically for every new or prospective recruit about to enter any branch of the armed forces. It offers step-by-step instructions and solutions, including helpful charts and graphics, for how to prepare both physically and mentally for boot camp. It also includes a special eight-week fitness program specifically designed to improve your fitness test scores, specific study guides, an instructional “How to” chapter, a list of what to bring (and not to bring) to basic training, tips for success, and much more.

*The Ultimate Basic Training Guidebook* was written by a soldier for men and women who want to become soldiers. No one should enter boot camp without having read this book.

**About the Author:** Sergeant Michael Volkin is a U.S. Army veteran. He served in Operation Enduring/Iraqi Freedom as a Chemical Operations Specialist and received an Army Commendation Medal for his efforts and for the fitness programs he designed to help his fellow soldiers. He has a Bachelor’s and Master’s degree in Science from Stephen F. Austin State University in Texas. He lives and works in northern California.