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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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techniques used by Navy SEAL's and he explains to his readers how to significantly enhance their odds of survival in any situation.

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Cade Courtley, a former Navy SEAL, has trained for years on how to survive dire situations and used many of the lessons he learned in the military to help develop his how-to guide called, "SEAL

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