



Gunny's Rules: How to Get Squared Away Like a Marine

By R. Lee Ermev

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Gunny's Rules: How to Get Squared Away Like a Marine By R. Lee Ermev

Put down your sissy drink with its umbrella, get off your backside, and square yourself away. Get fit, get a job, and get yourself some self-respect. America's favorite, most in-your-face sarge is going to show you how to get squared away like a Marine.

R. Lee "Gunny" Ermev, of The History Channel's *Mail Call*, takes time out from telling viewers all about military technology, to tell readers all about life. Men today are facing a crisis of emasculation. Gunny is here to tell you how to fight back and save your dignity: by taking control of your own damn life. First, he teaches you how to get fit, stay fit, and defend yourself. Then, he teaches you how to conduct yourself the way real men do: with assertiveness but also with wisdom and courtesy. Finally, Gunny motivates you to use your new fitness and new attitude to live life like a man of honor: to work hard, reach for high goals, and set an example with your life.

Gunny's Rules is the ultimate guide for anyone who wants to live life like one of the toughest of the tough—like a Marine.

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Editorial Review

About the Author

R. Lee Ermey is a nationally-recognized pop culture icon. His acting career was launched with his memorable role in Full Metal Jacket, in which he played the highly quotable boot camp sergeant (“What is your major malfunction?”). Recently, he hosted the History Channel’s popular “Mail Call” program on military technology for seven years. Ermey served in the United States Marine Corps for eleven years, rising to the rank of staff sergeant; later he was granted an honorary promotion to gunnery sergeant, earning him the nickname “Gunny.”

Users Review

From reader reviews:

Angel Gardner:

The book with title Gunny's Rules: How to Get Squared Away Like a Marine has a lot of information that you can understand it. You can get a lot of advantage after read this book. This book exist new understanding the information that exist in this reserve represented the condition of the world right now. That is important to you to be aware of how the improvement of the world. This specific book will bring you in new era of the global growth. You can read the e-book on your own smart phone, so you can read that anywhere you want.

Carrie Wilson:

Exactly why? Because this Gunny's Rules: How to Get Squared Away Like a Marine is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will shock you with the secret it inside. Reading this book close to it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of gains than the other book get such as help improving your talent and your critical thinking method. So , still want to delay having that book? If I ended up you I will go to the publication store hurriedly.

Noah Gardner:

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