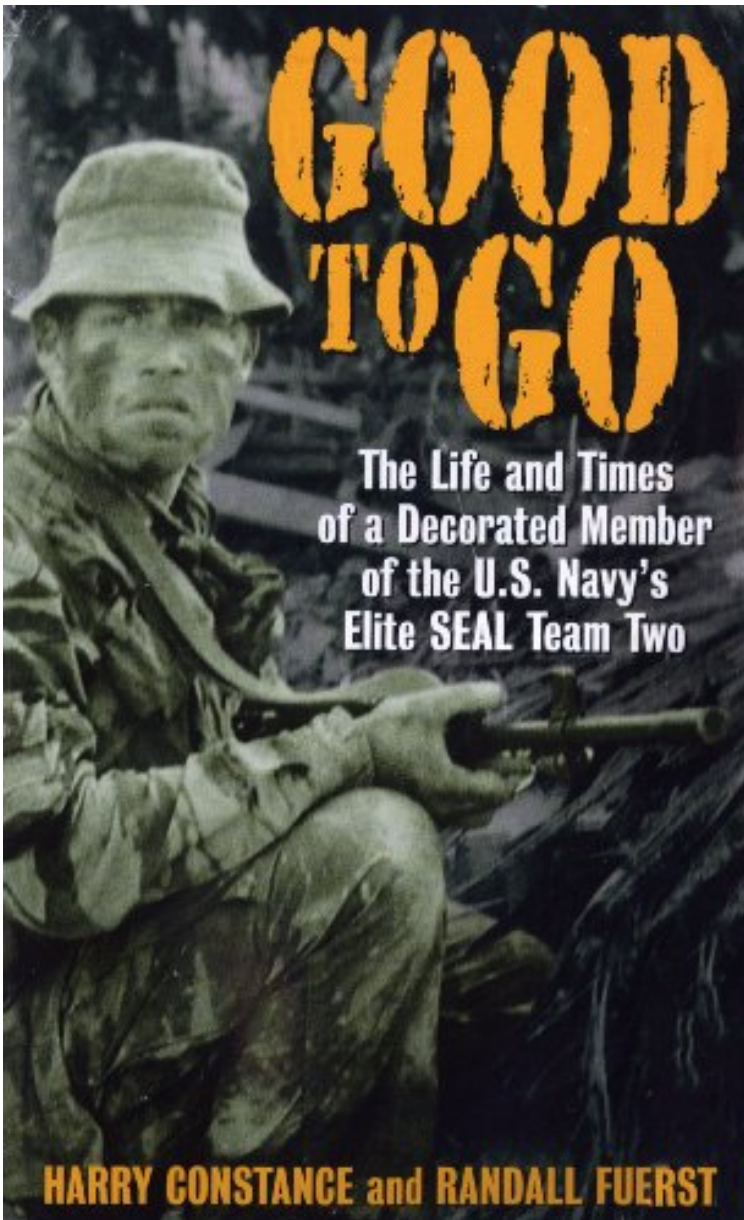


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# Good to Go: The Life And Times Of A Decorated Member Of The U.S. Navy's Elite Seal Team Two



*Par Harold Constance, Randall Fuerst  
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## Description :

Prsentation de l'diteur"Fractions of a second in time. What amazing violence can be meted out in the blink of an eye."In the mid-nineteen sixties, Harry Constance made a life-altering journey that led him out of Texas

and into the jungles of Vietnam. As a young naval officer, he went from UDT training to the U.S. Navy's newly formed SEAL Team Two, and then straight into furious action. By 1970, he was already the veteran of three hundred combat missions and the recipient of thirty-two military citations, including three Bronze Stars and a Purple Heart. *Good To Go* is Constance's powerful, firsthand account of his three tours of duty as a member of America's most elite, razor-sharp stealth fighting force. It is a breathtaking memoir of harrowing missions and covert special-ops from the floodplains of the Mekong Delta to the beaches of the South China Sea that places the reader in the center of bloody ambushes and devastating firefights. But his extraordinary adventure goes even farther beyond 'Nam as we accompany Constance and the SEALs on astonishing missions to some of the world's most dangerous hot-spots . . . and experience close-up the courage, dedication, and unparalleled skill that made the U.S. Navy SEALs legendary. Includes 8 Pages of SEAL Team Action Photos!

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*Biographie de l'auteur* Harry Constance served with the UDT/SEAL Teams for nearly two decades. He is currently Chief of Police for the Veterans Affairs Medical center in West Los Angeles, where he spends much of his time helping veterans integrate back into society. He lives in Escondido, California. Randall F. Fuerst, O.D., lives in Orangevale, California, with his wife, Shirlene, and their three children. He is a partner in a six-doctor optometry practice, the team optometrist for the Sacramento Kings of the NBA, and serves as Chairman of the Board for Pacific Laser Eye Center in Sacramento.