



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

R. Lee Ermey

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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" Ermey, 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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