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## **Aces in the Shadows** - A. Survivor 2018-07-13

The authors adverse childhood experiences are an example of how society has mistreated children over many years, while pretending to be a sophisticated, first world country. The reality is very different. Children, and there are many thousands of them, have had their life chances completely destroyed by adults who abused their power and influence. The war, and it is a war, against the violation of children in our country and many others, has only just begun. It will be a long war. The ACEs movement is one of the battalions fighting for change. Graham Wilmer MBE - Director Lantern Project This is an open and unrestricted account of the impact on ACEs for not only children but adults. The bravery of the Author to place this in the public arena is not unrecognised. Having established the England North ACEs Network, it has been a pleasure to work with The Cumbria Resilience Project and ACEs Cumbria Forum and to support their efforts to become an ACEs

aware region. The momentum of this movement in the North is testimony to those who are 'driving' the bus forward and believe that it doesn't have to be this way. This book is written to allow anyone to understand what ACEs are and why they are important for every single person no matter who you are. Dr Wendy Thorley PhD, M.Ed., B.A (Hons) Ed. R.G.N.

## Aces and Aerial Victories - R. Frank Futrell 2002-04-01

Aces and Aerial Victories is a collection of first-hand accounts by Air Force fighter crews who flew combat missions over North Vietnam between 1965 and 1973. They recall their air battles with enemy MIG fighters, the difficult and dangerous tactical maneuvers they had to perform to survive, and their victories and defeats.

## Aces High - Christopher Shores 2008-07-15

A revised collection of the biographies of the highest scoring Allied fighter pilots of World War II. All details of their combat are arranged in

tabular form. Included are a selection of photographs from hitherto private collections.

**U. S. Army Board Study Guide** - 2006-06

**End Game** - Lisa Suzanne 2021-03-02

When the worst-case scenario becomes reality, all the Lucky Charms in the world can't solve our problems. Just when Luke started to open up, he closes himself off again. When we first met, he assured me he was no Prince Charming. I'm starting to believe him. And then tragedy strikes. This can go one of two ways. Either he'll lean on me the way a husband should lean on a wife, or he'll push me away. But I've got a little secret of my own, and I have no idea what it means for our end game.

**Ace Group Fitness Instructor Manual: A Guide for Fitness Professional** - Ace 2011

Written and reviewed by top experts in a variety of fields - from exercise physiology and health psychology to business and law - this text is unlike any other resource for group fitness instructors. When coupled with ACE's essentials of exercise science for fitness professionals, the ACE group fitness instructor manual provides foundational knowledge required to pass the ACE certification exam and teach in almost any group setting. Group fitness instruction has expanded well beyond the traditional aerobics classes of years past but whether you teach step training, Pilates, yoga, or any of the other constantly emerging and evolving class types, this third edition of the ACE group fitness instructor manual is not only an excellent study tool as you prepare for the ACE exam, but also a valuable resource that you will refer to for years to come.

**Aces High** - Christopher Shores 2008-07-15

A revised collection of the biographies of the highest scoring Allied fighter pilots of World War II. All details of their combat are arranged in tabular form. Included are a selection of photographs from hitherto private collections.

**Ace Certified Personal Trainer Exam Prep** - CPT Exam Prep Team 2016-09-22

A concise study guide that highlights the key concepts required to pass the American Council on Exercise (ACE) CPT Exam to become a certified personal trainer. The content in this study guide is presented in an easy to read format that helps to comprehend & retain the information. This study guide is organized in the following four performance domains: Domain I: Client Interviews & Assessments Domain II: Program Design & Implementation Domain III: Program Progression & Modifications Domain IV: Professional Conduct, Safety, & Risk Management \* Includes "Key Concepts" with required information needed for the exam. \* Includes quick reference pages for helpful Resources, Formulas, Conversions, and Acronyms. \* Includes 50 practice questions to further enhance knowledge & to have an idea of what the actual exam will look like. \* Includes detailed practice question answers with explanations on how the answers were obtained. \* Includes detailed descriptions of assessments, the heart, muscles, nutrition, term definitions, training modalities and more.

**STEM Road Map** - Carla C. Johnson 2015-07-03

STEM Road Map: A Framework for Integrated STEM Education is the first resource to offer an integrated STEM curricula encompassing the entire K-12 spectrum, with complete grade-level learning based on a spiraled approach to building conceptual understanding. A team of over thirty STEM education professionals from across the U.S. collaborated on the important work of mapping out the Common Core standards in mathematics and English/language arts, the Next Generation Science Standards performance expectations, and the Framework for 21st Century Learning into a coordinated, integrated, STEM education curriculum map. The book is structured in three main parts—Conceptualizing STEM, STEM Curriculum Maps, and Building Capacity for STEM—designed to build common understandings of integrated STEM, provide rich curriculum maps for implementing integrated STEM at the classroom level, and supports to enable systemic transformation to an integrated STEM approach. The STEM Road Map places the power into educators' hands to implement integrated STEM learning within their classrooms without the need for extensive

resources, making it a reality for all students.

**Anna, Age Eight** - Katherine Ortega Courtney 2017-12-25

"With research showing child maltreatment is substantiated for one in eight children in the US, it's clear Adverse Childhood Experiences (ACEs), a broader category of experiences than just maltreatment, are at an epidemic scale in our society ... The authors' main thesis, quite simply, is that protecting all our children is entirely possible, but only when we know the scope of the challenges families face. The book provides a detailed, data-driven analysis of the scope of the problem and how to strengthen systems designed to protect our children"--

ACE Personal Trainer Manual - Cedric X. Bryant 2014

This book delivers relevant tools that aspiring professionals and industry veterans can apply to the clients of today, including behavior change expertise, coaching philosophy, and new technical standards for fitness.

**Aces High** - Bill Yenne 2009-02-03

Capturing the hearts of a beleaguered nation, the fighter pilots of World War II engaged in a kind of battle that became the stuff of legend. They cut through the sky in their P-38s to go one-on-one against the enemy—and those who survived the deadly showdowns with enough courage and skill earned the right to be called aces. But two men in particular rose to become something more. They became icons of aerial combat, in a heroic rivalry that inspired a weary nation to fight on. Richard “Dick” Bong was the bashful, pink-faced farm boy from the Midwest. Thomas “Tommy” McGuire was the wise-cracking, fast-talking kid from New Jersey. What they shared was an unparalleled gallantry under fire which won them both the Medal of Honor—and remains the subject of hushed and reverent conversation wherever aerial warfare is admired. What they had between them was a closely watched rivalry to see who would emerge as the top-scoring American ace of the war. What they left behind is a legacy of pride we will never forget, and a record of aerial victories that has yet to be surpassed anywhere in the world.

**Risking Connection** - Karen W. Saakvitne 1999-01-01

*Peak Business Performance Under Pressure* - Bill Driscoll 2013-10-08

In enemy airspace, high above the treetops of North Vietnam, two US F-4 Phantom jet fighters have downed their fifth enemy plane, thus securing their new status as “Aces.” The skies are finally quiet, and the safety of the ocean is just ahead. But in that brief moment of victory, they are blindsided by a surface-to-air missile. Bill “Willy” Driscoll, one of the most highly decorated Naval Flight Officers of the last fifty years, demonstrates how his TOPGUN training prepared him for both life-or-death aerial dogfights and the demands of difficult business decisions. His remarkable military experiences, his 26-year award-winning career in the highly competitive Southern California commercial real estate market, and personal interviews with twenty-six other Ace pilots and over 200 business executives serve as a blueprint for achieving extraordinary results under the most difficult circumstances organizations face each day. Topics include preparation, risk assessment, team building, focus and listening, self-evaluation and improvement, avoiding pitfalls, and much more. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

Hawkeye - Giora Even-Epstein 2020-12-11

For more than thirty years, Giora Even-Epstein flew fighters for the Israel Air Force, achieving recognition as a highly skilled military aviator and the highest-scoring jet-mounted ace with the most number of confirmed victories in the French Mirage. Having overcome numerous hurdles just to learn how to fly, he went on to compile a record of Arab MiGs and Sukhoi kills that bettered any other combat aviators' tally in the entire world. This fast-moving autobiography details his experiences

particularly in the intense conflicts of 1967, the Six Day War, and 1973, the Yom Kippur War. The reader shares the cockpit with him as he describes every action he undertook with 101 and 105 Squadron, including the greatest jet-versus-jet air battle in history with four MiG-21 kills in one engagement. His final score was seventeen. After his last battle he became commander of the First Jet Squadron, 117, began civilian flying, retrained to command 254 MMR Squadron in the 1982 Lebanon War, and flew the F-16 at the age of fifty before retirement. Along the way he met numerous fighter pilot legends such as Douglas Bader, Al Deere, Pierre Clostermann and Randy Cunningham. Affable and enthusiastic, Giora gained the nickname 'Hawkeye' because of his amazing vision of more than 20/15, enabling him to pick out enemy aircraft long before his squadron mates. His story is of one man's unfaltering dedication to his dreams and his country. As the leading jet ace it is one well worth telling and, critically, it can be told in his own words.

**Ace of Aces** - 2019-07-31

Biography of America's all-time fighter ace of aces.

**NCE Flashcard Study System** - Mometrix Media LLC 2010-08-01

NASM Essentials of Personal Fitness Training - 2008

Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

The Deepest Well - Nadine Burke Harris 2018

A pioneering physician reveals how childhood stress leads to lifelong

health problems, and what we can do to break the cycle.

Trauma-Informed Healthcare Approaches - Megan R. Gerber 2019-04-12  
Interpersonal trauma is ubiquitous and its impact on health has long been understood. Recently, however, the critical importance of this issue has been magnified in the public eye. A burgeoning literature has demonstrated the impact of traumatic experiences on mental and physical health, and many potential interventions have been proposed. This volume serves as a detailed, practical guide to trauma-informed care. Chapters provide guidance to both healthcare providers and organizations on strategies for adopting, implementing and sustaining principles of trauma-informed care. The first section maps out the scope of the problem and defines specific types of interpersonal trauma. The authors then turn to discussion of adaptations to care for special populations, including sexual and gender minority persons, immigrants, male survivors and Veterans as these groups often require more nuanced approaches. Caring for trauma-exposed patients can place a strain on clinicians, and approaches for fostering resilience and promoting wellness among staff are presented next. Finally, the book covers concrete trauma-informed clinical strategies in adult and pediatric primary care, and women's health/maternity care settings. Using a case-based approach, the expert authors provide real-world front line examples of the impact trauma-informed clinical approaches have on patients' quality of life, sense of comfort, and trust. Case examples are discussed along with evidence based approaches that demonstrate improved health outcomes. Written by experts in the field, *Trauma-Informed Healthcare Approaches* is the definitive resource for improving quality care for patients who have experienced trauma.

*The 4 Disciplines of Execution* - Chris McChesney 2016-04-12

BUSINESS STRATEGY. "The 4 Disciplines of Execution" offers the what but also how effective execution is achieved. They share numerous examples of companies that have done just that, not once, but over and over again. This is a book that every leader should read! (Clayton Christensen, Professor, Harvard Business School, and author of "The Innovator's Dilemma)." Do you remember the last major initiative you

watched die in your organization? Did it go down with a loud crash? Or was it slowly and quietly suffocated by other competing priorities? By the time it finally disappeared, it's likely no one even noticed. What happened? The whirlwind of urgent activity required to keep things running day-to-day devoured all the time and energy you needed to invest in executing your strategy for tomorrow. "The 4 Disciplines of Execution" can change all that forever.

**Sports Nutrition for Health Professionals** - Natalie Digate Muth  
2019-09-04

Sports Nutrition for Health Professionals merges the basic principles and latest evidence-based scientific understanding of sports nutrition with the real-world practical applications that health professional students must master to help their current and future clients to optimize athletic performance, overall satisfaction and success with sports and physical activity. Step-by-by, you'll learn about the scientific basis of sports nutrition and how to apply that knowledge to real-life situations and interactions with clients. You'll follow six different clients as they are evaluated by a variety of health professionals and undergo a series of assessments and self-administered tests. By seeing how the science of Sports Nutrition can be applied to sample clients, you will be able to take that knowledge and apply it to your future clients.

**ACE Personal Trainer Manual** - American Council on Exercise 2010

"This all new fourth edition of ACE's best-selling textbook offers expanded coverage of a personal trainer's primary job responsibility - assessing each client's current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health."--Back Cover.

**Race of Aces** - John R Bruning 2020-01-14

The astonishing untold story of the WWII airmen who risked it all in the deadly race to become the greatest American fighter pilot. In 1942, America's deadliest fighter pilot, or "ace of aces" -- the legendary Eddie Rickenbacker -- offered a bottle of bourbon to the first U.S. fighter pilot to break his record of twenty-six enemy planes shot down. Seizing on the

challenge to motivate his men, General George Kenney promoted what they would come to call the "race of aces" as a way of boosting the spirits of his war-weary command. What developed was a wild three-year sprint for fame and glory, and the chance to be called America's greatest fighter pilot. The story has never been told until now. Based on new research and full of revelations, John Bruning's brilliant, original book tells the story of how five American pilots contended for personal glory in the Pacific while leading Kenney's resurgent air force against the most formidable enemy America ever faced. The pilots -- Richard Bong, Tommy McGuire, Neel Kearby, Charles MacDonald and Gerald Johnson -- riveted the nation as they contended for Rickenbacker's crown. As their scores mounted, they transformed themselves from farm boys and aspiring dentists into artists of the modern dogfight. But as the race reached its climax, some of the pilots began to see how the spotlight warped their sense of duty. They emerged as leaders, beloved by their men as they chose selfless devotion over national accolades. Teeming with action all across the vast Pacific theater, Race of Aces is a fascinating exploration of the boundary between honorable duty, personal glory, and the complex landscape of the human heart. "Brings you into the cockpit of the lethal, fast-paced world of fighter pilots . . . Fascinating." -- Sara Vladic "Extraordinary . . . a must-read." -- US Navy Captain Dan Pedersen "A heart-pounding narrative of the courage, sacrifice, and tragedy of America's elite fighter pilots." -- James M. Scott "Vivid and gripping . . . Confirms Bruning's status as the premier war historian of the air." -- Saul David

**Introduction to Probability** - Joseph K. Blitzstein 2014-07-24

Developed from celebrated Harvard statistics lectures, Introduction to Probability provides essential language and tools for understanding statistics, randomness, and uncertainty. The book explores a wide variety of applications and examples, ranging from coincidences and paradoxes to Google PageRank and Markov chain Monte Carlo (MCMC). Additional

**The BioMechanics Method for Corrective Exercise** - Price, Justin  
2018-03

The BioMechanics Method for Corrective Exercise enables health and

fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function.

*ACE Personal Trainer Practice Test* - Ascencia 2020-10-16

Just in time for the 2021 exam, Ascencia Test Prep's unofficial NEW ACE Personal Trainer Practice Test: Exam Prep with 450 Practice Questions for the American Council on Exercise CPT Examination is different from other practice test books for the ACE Personal Trainer Test. Our healthcare test prep isn't like other study materials because ACE Personal Trainer Practice Test offers you the up-to-date, real examples, graphics, and information you need for a quick but full review of everything on the exam! Our convenient materials will give you the edge you need to pass your exam the first time. NCCA was not involved in the creation or production of this product, is not in any way affiliated with Ascencia Test Prep, and does not sponsor or endorse this product.

Ascencia Test Prep's ACE Personal Trainer Practice Test will quiz you on: Client Interviews and Assessments Program Design and Implementation Progression and Modifications Professional Conduct, Safety and Risk Management About Ascencia Test Prep With healthcare fields such as nursing, pharmacy, emergency care, and physical therapy becoming the fastest and largest growing industries in the United States, individuals looking to enter the healthcare industry or rise in their field need high quality, reliable resources. Ascencia Test Prep's study guides and test preparation materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested, along with practice questions for each section to enhance understanding. Full practice tests at the end of every book accurately reflect the exam, helping test takers determine if they are thoroughly prepared. Additionally, all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day. Ascencia recognizes that healthcare professionals nurture bodies and spirits, and save lives. Ascencia Test Prep's mission is to help healthcare workers grow.

*The Ace Of Soft Skills: Attitude, Communication And Etiquette For Success* - Gopalaswamy Ramesh 2010-09

Our world is witnessing a major change in communication patterns, with expanding social spheres, openness in communication and professionals working in multicultural environments. It is crucial, therefore, that India's workforce remains world-class, through re-training and continuous improvement, to remain competent, competitive and successful. To create and nurture successful professionals, the acquisition, cultivation and fine-tuning of soft skills are highly essential in the given business paradigm. The ACE of Soft Skills is a part of this educational process that produces top-notch professionals. Divided into three parts-Attitude, Communication and Etiquette-this unique book provides a broad-based coverage of what constitute soft skills. The foundations of soft skills lie in a strong attitude; this attitude gets manifested as communication, which gets further refined as etiquette. This book covers a wide range of topics-a gamut of nearly 40 essential soft skills-including personal accountability, listening skills, business proposals, and the role of small talk and humour at work. The numerous case studies, cartoons, figures, tables and quotations not only offer an insightful, practical and well-rounded perspective into soft skills, but also make reading a joyful experience.

*Addressing Adversity* - Marc Bush 2018-02-08

An edited collection of papers published by YoungMinds and funded by Health Education England. With 1 in 3 adult mental health conditions related directly to adverse childhood experiences, it is vital that we understand the impact that adversity and trauma can have on the mental health and wellbeing of young people, and how we can strengthen resilience and support recovery. Addressing Adversity presents evidence, insight, direction and case studies for commissioners, providers and practitioners in order to stimulate further growth in adversity and trauma-informed care, and spark innovation and good practice across England. Section 1: Understanding adversity, trauma and resilience includes evidence and analysis of the impact that adverse childhood experiences and trauma have on children and young people's mental

health and wider outcomes across the lifecourse. Section 2: Addressing childhood adversity and trauma includes insights from the NHS in England, organisations and clinicians working with children and young people who have experienced forms of adversity and trauma. Section 3: Emerging good practice includes insight, case studies and working examples of adversity and trauma-informed service models being developed across England. The collection ends with an agenda for change, calling on all Directors of Public Health, commissioners and providers to make adversity and trauma-informed care a priority in their locality.

**Ace Fitness Instruction Manual** - American Council on Exercise  
2007-03-01

ACE Group Fitness Instructor Manual was designed to prepare fitness professionals to work in group and class settings and is the main study for the ACE Group Fitness Instructor. Developed and written by 17 of the industry's top experts, the ACE Group Fitness Instructor Manual is an excellent resource, addressing the core competencies you need regardless of the types of classes you teach. It provides overviews of nine of the most popular modalities, including aquatic exercise, fitness yoga, and Pilates mat training. Topics range from exercise physiology, anatomy, kinesiology, and health screening to adherence, injury prevention, and legal and professional responsibilities. Special attention has been given to fitness for special populations, including pregnant women and those with significant weight challenges. Companion DVD included.

**New Anatomy for Strength & Fitness Training** - Mark Vella  
2018-08-14

Perfect for beginning and advanced fitness practitioners alike, this is an in-depth look into the most magnificent machine ever created--the human body. Using detailed anatomical illustrations, *New Anatomy for Strength and Fitness Training* provides you visual insight into what happens to this organic machine during exercise--muscles and tendons working in concert to strengthen your body's building blocks. With a basic knowledge of how the body works, you can buff up your body with more

than 75 selected exercises, grouped by body region and involving gym machines, free weights, and body weight/stretching, as well as yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of the targeted muscles, together with instructions on execution and technique.

*The Body Keeps the Score* - Bessel A. Van der Kolk 2015-09-08

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

*The Aces Revolution!* - John Richard Trayser 2016-01-25

John's book does a superb job of giving hope on how to prevent ACEs and has remarkable results for EVERY FAMILY THAT READS THE SECOND PART OF THE BOOK OUT LOUD TOGETHER! Conversations will begin that are essential to heartfelt communication. The ACE (Adverse Childhood Experiences) study details the significant impact of childhood trauma on the emotional and physical well being for the remainder of your life. John's book does a great job of showing the IMPACT of ACEs in all phases of our lives...and WE ARE ALL IMPACTED...even if you have zero ACEs yourself. This book gives hope to those who have lived in the shadows of pain and vulnerability from trauma in their childhood. His adopted grand daughter was a 7 ACE score...and after 9 years of love from the family...feels like a ZERO! You can change your stars with LOVE.

**F-86 Sabre Aces of the 4th Fighter Wing** - Warren Thompson  
2013-02-20

The entry of the United State's premier jet interceptor into the Korean War was triggered by the ever-increasing presence of the Soviet-built MiG-15 south of the Yalu River. The possibility of the USAF losing air supremacy over the Korean Peninsula was unacceptable. The 4th Fighter Wing got the call for combat in Korea. They were made up of a combination of new pilots right out of jet training and the older combat veterans of World War II vintage. This combination of pilot types wrote and re-wrote the text books on jet warfare. Of the 40 jet aces that the

war produced, the 4th Wing boasted 24 of them. This book details these incredible pilots and the planes they flew.

*ACE Personal Trainer Manual* - American Council on Exercise 2003-01-01  
The ACE Personal Trainer Manual is an essential study tool for the ACE Personal Trainer Certification Exam and an excellent fitness and exercise resource students will use throughout their health and fitness careers. This Third Edition reflects the latest research findings and industry guidelines in the field of health and fitness. Revised and updated by the original authors and enhanced by the addition of a new chapter on health behavior and psychology, this text covers every aspect of personal training, from anatomy and physiology to injury prevention and legal issues.

*Clinical Exercise Specialist Manual* - Richard Thomas Cotton 1999-01-01  
...details the clinical exercise specialist's job and scope of practice including designing, implementing, and managing exercise programs of individuals following medical treatment & as specified by the appropriate health-care professional.

*ACE's Essentials of Exercise Science for Fitness Professionals* - 2010  
"Whether you are preparing to become an ACE-certified Personal Trainer, Group Fitness Instructor, or Lifestyle & Weight Management Coach, this textbook provides the foundational knowledge you will need before moving on to study the materials specific to your chosen certification. ... Each of the five chapters includes a study guide"--P. [4] of cover.

**Coaching Behavior Change** - Natalie Digate Muth 2019

Communities in Action - National Academies of Sciences, Engineering, and Medicine 2017-04-27

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the

population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

**MiG-17/19 Aces of the Vietnam War** - István Toperczer 2016-10-20  
At the beginning of the Vietnam War, the Vietnam People's Air Force (VPAF) were equipped with slow, old Korean War generation fighters - a combination of MiG-17s and MiG-19s - types that should have offered little opposition to the cutting-edge fighter-bombers such as the F-4 Phantom II, F-105 Thunderchief and the F-8 Crusader. Yet when the USAF and US Navy unleashed their aircraft on North Vietnam in 1965 the inexperienced pilots of the VPAF were able to shatter the illusion of US air superiority. Taking advantage of their jet's unequalled low-speed maneuverability, small size and powerful cannon armament they were able to take the fight to their missile-guided opponents, with a number of Vietnamese pilots racking up ace scores. Packed with information previously unavailable in the west and only recently released from archives in Vietnam, this is the first major analysis of the exploits of Vietnamese pilots in the David and Goliath contest with the US over the skies of Vietnam.