

MY ROYAL NAVY FRIEND



ROYAL
NAVY



Antony Simpson

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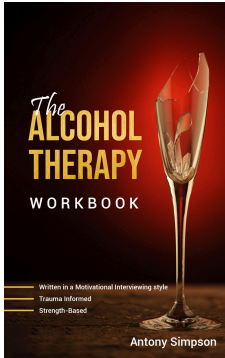
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Other Books By The Author

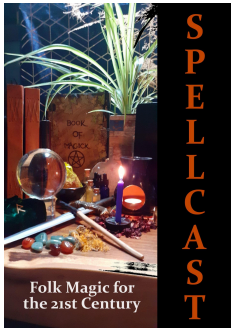


The Alcohol Therapy Workbook

This [workbook](#) has been designed for anyone that is struggling with alcohol or has struggled with alcohol in the past.

It is written in a Motivational Interviewing style, one of the key therapies used to support people with alcohol issues. It has been designed using a trauma-informed approach and is strength-based.

What you will find in this book is more than just worksheets about alcohol. You'll find all the tools someone needs to get into recovery from alcohol and stay there. It's a therapy-based book, not an alcohol-based book.



SpellCast - Folk Magic for the 21st Century (co-authored with Luna Hare)

[SpellCast](#) is a comprehensive compendium of spells, oils, charms and talismans. It is purely a book about magic, folk magic for the 21st century. The spells are ones that are tried and tested, with some that will stand the test of time.

In SpellCast you will read about the power of Instant Magic, of Banishment & Bindings, Blessings, Cleansing, Communication, Death, Employment, Finance & Money, Fertility, Friendship, Happiness & Joy, Health, Love & Relationships, Luck Magic, Protection, Transformative Magic and WishCraft. This book will change your life. Your life will be abundant in all meanings of the word.

Mental Health Wisdom



Developing
Understanding & Empathy

Antony Simpson

Mental Health Wison - Developing Understand & Empathy

This book contains everything that you need to know about mental health and mental illness.

[Mental Health Wisdom](#) is divided into three sections.

Understanding is section one and is all about the facts of mental health.

In section two, Empathy Through Lived Experience, the author shares his personal experience of mental illness.

Life Hacks is section three. It's all about self-care and quick and easy ways to improve your mental health, prevent mental illness or relapse of mental illness.

All available to buy in various formats internationally on Amazon.

This book is dedicated to all those who serve in the Armed Forces and their Family & Friends. Thank you for the work you do around the world to keep us safe and in serving us.

My thanks also goes to our Veterans and their Family & Friends.

It is dedicated to Roy, my Royal Navy Friend. I couldn't be prouder of you. Thank you for being my dear friend and for allowing me to share some of the content of the emails I've sent to you.

My final dedication is to you - the reader. Thank you for buying this book. I hope you enjoy reading it as much as I enjoyed writing it.

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Introduction

I remember when my close friend Roy told me about his lifelong dream to join the Royal Navy. Of his desire to protect and serve.

I've called my friend Roy throughout this book to protect his anonymity, career and potentially his safety.

Roy told me of growing up listening to stories of his Uncle's time and Grandad's time in the Royal Navy. I had never seen Roy's eyes as brightly lit and him as animated as he was that day.

I remember saying: So what's stopping you from doing it?

Roy had all sorts of worries. He worried about not being the youngest recruit and that he needed to improve his fitness.

Knowing that Roy had already thought this idea through thoroughly, I said something like: So, how are you going to do it?

Roy proceeded to tell me his detailed plan. I have never seen anyone want something so much. I encouraged him and supported him in this endeavour, through the highs and the lows. The determination, commitment and hard work all paid off with an offer of a place on basic training.

I had mixed feelings about Roy going away for his basic training. On the one hand, I was (and continue to be) incredibly proud of him. On the other hand, there was a sense of loss, I had grown used to his presence in my life and we communicated frequently. I knew things would change.

But I wanted to continue to support, entertain, make laugh and maintain my bond with Roy. So I came up with the suggestion of sending him a weekly email on random topics. The topics I promised would always be entertaining, sometimes interesting, sometimes funny and occasionally serious.

Basic training in the Royal Navy is 10 weeks long. But knowing that Roy would likely be deployed in a different part of the country or world once he passed out, and because I got carried away - I wrote 52 weekly emails to him.

This book contains these electronic letters to Roy.

I have chosen to remove some of the more personal information from these exchanges, but the main body of the content is here.

I have no idea what it's like to be in the Armed Forces. But I imagine it's like life in general, filled with ups and downs. I hoped that these emails would help to maintain our friendship. I hoped they served as reminders that I am still here, still in his corner and still (and always) incredibly proud of him.

I miss Roy at times, but know that he is happy, off living his lifetime dream onboard a ship somewhere.

I have absolutely no problem with you using this idea of sending weekly emails to your partner, friend or relative serving in the Armed Forces. I think they would probably love it. So after you've read this book, get started on your first email to your loved one.

Now, on to the emails -

Royal Navy Facts & Stories:

Dispersed throughout this book are Royal Navy facts and stories. These facts and stories weren't sent in my emails to my friend Roy. Mainly because he most probably already knows them.

But I thought the reader might find them as fascinating as I did when doing research and learning about them.

Week 1 - 10 Dinosaur Facts

Hello Roy!

Welcome to the first of your weekly emails. I hope your first week of basic training has gone smoothly Grandpa.

It is well established between us that I love dinosaurs and that there's always a dinosaur involved in every conversation. So this week's email is all about dinosaurs. Here are some interesting facts:

1. Chickens and other birds are all descended from dinosaurs.
2. More than 900 different types of dinosaurs existed, my favourite is always gonna be the Velociraptor because of their ability to open doors in Jurassic Park.
3. Some dinosaurs actually had fur and feathers, rather than the scales we tend to think of them having.
4. Dinosaurs can be carnivores, herbivores or not fussy (i.e. will eat anything).
5. For a long time, baby dinosaur fossils were thought to be different species to their adult counterparts. Then some bright spark sussed out that the smaller fossils were actually babies/younger dinosaurs of the same species.
6. Many people believe that an asteroid from outer space crashed on the planet's surface killing the land-based dinosaurs. There was indeed an asteroid that crashed near Mexico around the time the dinosaurs died off, but other theories include: climate change or the poles shifting.

Oh there's also a fascinating theory about outer space shape-shifting lizards, but don't get me started on that one.

7. I can't find any evidence that the dinosaurs in Jurassic Park were paid fairly or had employment rights. I'm also unsure as to where these dinosaurs came from!

8. The awful creatures known today as crocodiles share some ancestry with some dinosaurs.
9. A T-Rex can't make a bed, because its arms are too short.
10. We don't know for definite what colours dinosaurs were. So by this reasoning a pink, sparkly glittery one could have existed. Being the campest dinosaur in history.

I hope these facts were entertaining and made you smile. I look forward to writing to you next week.

Best Wishes,

Antony

Royal Navy Fact:

The Royal Navy's longest ever campaign was to stop the transatlantic trade of slaves. This campaign started in 1807 after the Act for the Abolition of the Slave Trade.

END OF SAMPLE.

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