

Calming the Waters with George Worthington's Navy Memoir

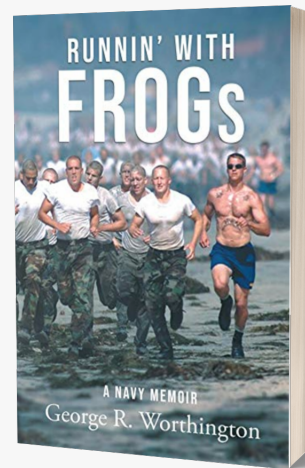
Navigating the currents of life and service

COOKSTOWN, NEW JERSEY, USA,
September 7, 2021 /EINPresswire.com/

-- The image of water can be said to be an apt comparison to the life of those in service to their country. Always flowing, the motions of the waves are often used as metaphors in describing events that can occur in a lifetime.

Even the imagery of storms is often used to convey difficulties and struggles. For some, they look to water as an important symbol of life. It is what they search for in times of great thirst. It gives people the means to survive. George Worthington has seen

his share of troubled waters before reaching the calm shores of retirement. He looks back fondly on the currents he navigated in "Runnin' with Frogs: A Navy Memoir."



Runnin' with Frogs: A Navy Memoir

George Rhodes Worthington is a retired Rear Admiral who has spent much time in turbulent waters during his career. Born in Louisville, Kentucky in the year 1937, he moved around a lot as his family supported the war effort. He grew up in Tucson, Arizona, and eventually moved to Connecticut to attend South Kent School. Worthington then spent a year at Brown University before transferring to the US Naval Academy. He graduated in 1961 with an ensign commission. When he was not on duty, Worthington would pursue his own athletic development and interests in sports activities.

"Runnin' with Frogs: A Navy Memoir" takes a look back at Worthington's Naval Career. His military career began on the USS Halsey Powell. Worthington witnessed the 1962 Christmas Island bomb tests during his first assignment. He would then join up with several global organizations and take part in various Naval exercises and operations. Worthington would meet many lifelong friends and make many professional connections throughout his career. He would go on to hold many leadership positions thanks to his achievements in the line of duty. The

memoir provides insights on the many aspects of Worthington's life in the Navy, from the camaraderie to the political struggles, up to his retirement from active duty in 1992.

Take a dip in the waters with your own copy of "Runnin' with Frogs: A Navy Memoir" today!

Visit the author's website at www.grworthington.com to know more about him and his book.

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