

# A Look at the Life and Times of a Former Rear Admiral

*Publishing the memoir of a decorated Navy Seal*

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

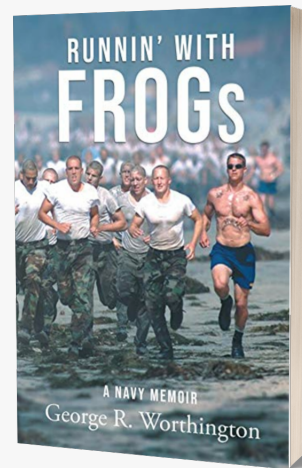
-- It is often considered one of the highest honors to serve one's country. Living a life in service to one's country is worthy of such high regard and respect. We consider those who put their lives on the line to keep the country safe from harm as heroes.

They are those who give much of their years to ensure that the rights and dignity of people are preserved. The sacrifices, the triumphs, and the losses all make for interesting events in the

lives of those who do this kind of work. "Runnin' with Frogs: A Navy Memoir," tells of the ups and downs of such a life through the eyes of a decorated Rear Admiral.

Rear Admiral George Rhodes Worthington spent a lot of time moving around in his lifetime. He was born in 1937 in Louisville, Kentucky but grew up in Tucson, Arizona. He moved to Connecticut to attend South Kent School then spent a year at Brown University. He would then switch over to the US Naval Academy and graduate in 1961. Worthington graduated with an ensign commission. From here, his military career would take him through several organizations, tours of duty, and leadership positions. He retired in September 1992 and has since focused on personal pursuits and spending time with his family.

"Runnin' with Frogs: A Navy Memoir" is a look back through the ups and downs of Worthington's time in the navy. The former Rear Admiral talks about growing up in a Navy family, his educational achievements that led to signing up with the navy, and his various assignments over the years. Worthington also provides insights on the things he got to do while off duty, some of the more notable assignments he's been part of as well as the political side of the service.



Runnin' with Frogs: A Navy Memoir

See what it's like "running with frogs" and pick up a copy of George Rhodes Worthington's "Runnin' with Frogs: A Navy Memoir" today!

Visit the author's website at [www.grworthington.com](http://www.grworthington.com) to know more about him and his book.

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