

# NO EXCUSES, ALWAYS READY



## STRATEGIES, SKILLS, & MINDSET FOR COAST GUARD SUCCESS

## For Immediate Release

### Virginia local and Retired Coast Guard Diver to Release Blunt Guide for Service Members at Every Stage

*New book delivers hard-hitting lessons on resilience, accountability, and career success from boot camp through senior service.*

Yorktown, VA – Sep 22, 2025 – Robert Foucha (pronounced Fō-shay), a retired U.S. Coast Guard Chief Diver with 20 years of operational, leadership, and training experience, is set to release his new book, **No Excuses, Always Ready** – *Strategies, Skills, and Mindset for Coast Guard Success*. This release is more than a recruit survival guide – it's a field manual with lessons for recruits, petty officers, and even those with 15 to 20 years in uniform.

"Too many service members fail not because of their capability, but because of mindset and preparation," said Foucha. "This book is designed to prepare them for reality, stripping away fluff and replacing it with tools to survive, succeed, and thrive from their first day in uniform through every stage of their career."

#### **Key features of the upcoming book include:**

- Reality-based guidance on Coast Guard standards, leadership expectations, and accountability.
- Strategies for long-term success, covering mentorship, finances, fitness, and off-duty discipline.
- Hard-earned lessons on resilience, mistakes, and career growth relevant across all ranks.

The book launches on **Oct. 15, 2025** and will be available on Amazon (link goes live at launch) in paperback, and eBook formats.

[www.NoExcusesAlwaysReady.com](http://www.NoExcusesAlwaysReady.com)

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