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and survivability by dispersing them on a greater number of smaller, more stealthy platforms.

There are three problems, however.

strategic primacy in Asia.

if not strengthened it.

Geography dictates that the U.S.

More immediately, as I wrote in *The Diplomat*, the atmosphere of veneration in which Obama

In war, by prosecuting sea-denial operations within or beyond the archipelago to Australia's north, they drive up the costs and risks of power projection in areas that could become staging points for an attack on Australia.

and, in my view, unfortunate organizational preference.

So, while it's very important, I'm not holding my breath.

Finally, and perhaps most importantly, the fundamental rationale for a powerful submarine fleet is to augment Australia's independent strategic weight that is, to fulfil Canberra's longstanding requirement of being able to defend the Australian continent without relying on the combat forces of another country.

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The best ab workouts for women: get six pack abs in weeks

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Men's health - about the personal trainer

Alwyn Cosgrove is a nationally recognized fitness coach and speaker and a regular contributor to Men s Health.

Flat abs for men: key exercises - webmd

WebMD cuts through the hype to reveal the best kept secrets for healthy hair. Flat Abs for Men: Men's Health Guide. 1. Diet and Fitness. 2.

The men's health big book: getting abs: get a

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