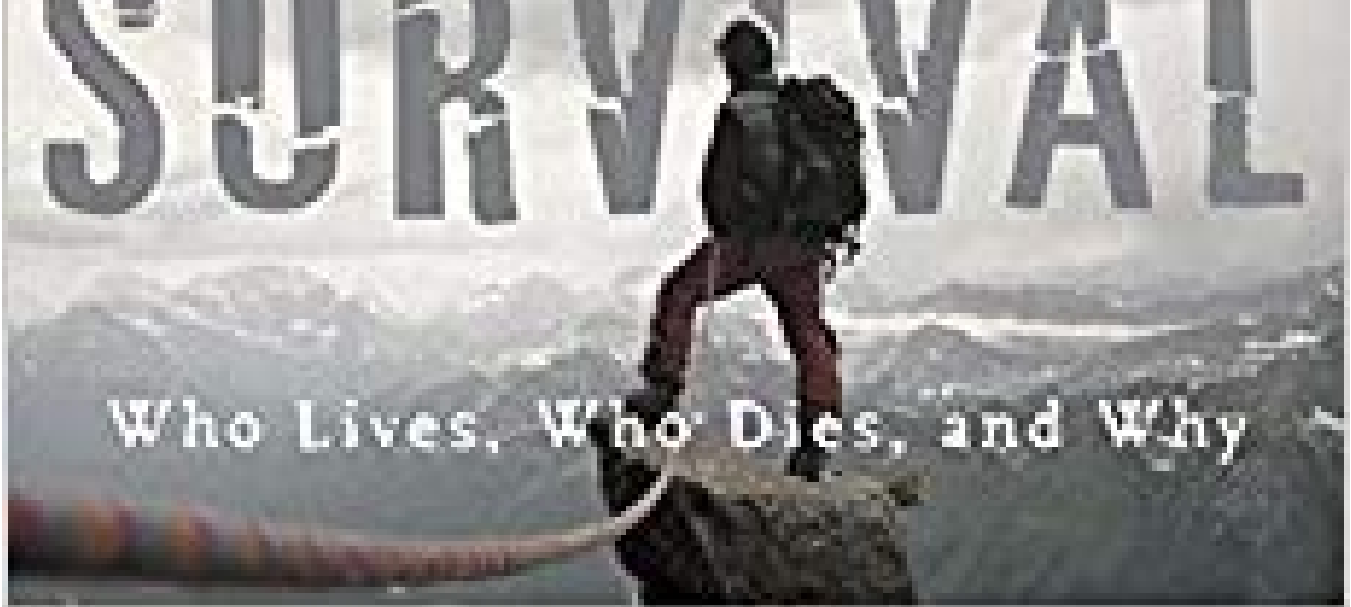


"I tore through *Deep Survival* like I'd been waiting to read it my whole life. Gonzales's writing is effortless and compelling, and his research is first-rate. I can't imagine a better book on the topic."

—SEBASTIAN JENSEN, author of *THE PERFECT STORM*

DEEP SURVIVAL



Who Lives, Who Dies, and Why

LAURENCE
GONZALES

True Stories
of Miraculous
Endurance
and Sudden Death

Laurence Gonzales

Deep Survival: Who Lives, Who Dies, and Why



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"Unique among survival books.. stunning.... Everyone includes a wilderness inside. Deep Survival makes compelling, and chilling, reading."?Penelope Purdy, Denver Post In ?Deep Survival? Everyone has a mountain to climb. This gripping narrative, the first publication to describe the art and science of survival, will change the way you see the world., Laurence Gonzalez combines hard science and powerful storytelling to illustrate the mysteries of survival, whether in the wilderness or in meeting some of life's great problems. enthralling.



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Valuable, Stoic-Centric Tips For Accident Survival, and Life Survival I go through Laurence Gonzales' "Deep Survival: Who Lives, Who Dies, And As to why" as a counterpoint to Amanda Ripley's "The Unthinkable." Both are survivor books, completely different in their approach, but with significant conclusions in common. Gonzales focuses more on accidents: unpredicted twists that problem people in stressful situations they chose to put themselves in, mainly wilderness and sporting recreational activities. I always inform them, "If you read this book and think of it as simply a group of people making errors, you haven't 'gotten it'." But Gonzales weaves these principles into a coherent entire, and links them to a variety of interesting tales about genuine people. Gonzales focuses a lot on scientific, technical biological explanations; Controlling those emotions without losing their advantage is everything.) The author has a contact of braggadocio as he flaunts the reckless courage (or foolishness) he provides exercised in his lifetime. I have already been a ocean kayaker, scuba diver, and backpacker over the course of my entire life and as I go through I remembered incidents and folks over decades of my entire life. But this review is about Gonzales' publication, which aspires to "tell people [not] how to proceed but rather to be a visit a much deeper understanding that allows them to know what to do when the time comes." His book tries to supply an overarching philosophy, really, forever survival, not just survival when you're lost in the woods or hanging away a mountain. For myself, this reserve has kept me from performing some insanely stupid items -- and reminded my of dumb stuff I've done that should have killed me.) That is a commonality of systems: Gonzales notes that Clausewitz remarked that military systems seemed basic, and therefore easy to manage, but "terrible friction . And not simply the control of manipulation—also the control of understanding what you don't understand." This is because Gonzales believes, with demonstrated reason, that a Stoic approach to unexpected twists in existence will maximize your probabilities for survival, in whatever situation you end up. Great book for somebody who likes to think of the psychology of survival and primal getting. . But he does a good job making himself and his family relevant, and after all, it's his book, not only a textbook for the wanna-be survivor. Gonzales then turns to "Survival"—what to do when, for whatever reason, you've finished up in a survival situation." In other words, most of what he targets is preventable survival complications. This is among the best 20 books I've read in my life. And, generally, if you venture out into the wilderness and make the proper choices, there may also be no survival problem. What Gonzales really wants to understand in this section is exactly why people act in ways that create situations in which they need to survive. His conclusion, shot through the reserve, is that it's down to uncontrollable emotions, mostly for bad, but also for good. Quoting Remarque's explanation in "All Quiet On The Western Front" of men who, having been at the front end for some time, thrown themselves to the ground on sheer reflex, also before they can hear or sense a shell, Gonzales concludes "Emotion can be an instinctive response aimed at self-preservation." But that same instinctive response may also betray. pleasurable feelings are also extremely effective." Our brains conspire to impel us by inciting feelings to do things that aren't rational and not an excellent idea, but look like a good idea to our brains. By no means follow rules distributed by others because they are rules or because they are the group. Panic is one of those emotions; There is much talk of dopamine, brain structures, stress hormones, memory, and, in the end, "that quality which is perhaps the just one which might be said with certainty to make for success, self-control. Ripley talks a whole lot about pseudo-scientific evolutionary biology. For example, from Epictetus: "On the occasion of every incident that befalls you, be sure you convert to yourself and inquire what power you possess for turning it to make use of. "A survivor expects the world to maintain changing and retains his senses often tuned to: What's up?" Give yourself little goals

and achieve small successes; Inspiration Everyone should go through this book.” Of program, even choosing activities carefully while engaging in rigid self-control is often not enough. As with Ripley’s book, whose more cut-and-dried lessons Gonzales echoes, the reader can advantage a lot from this book, in the event that you read carefully and absorb the lessons. it is the nature of systems, even basic systems. Small failures are self-correcting or at least not really catastrophic, until the day they match other happenings to create total failure. Much like a sand pile, which slides and collapses in unpredictable methods, you can tell that an accident will happen despite your best efforts, however, not how or when. (It helps, of course, never to become stupid or have unwanted features. Gonzales, like Ripley, casually slaps fat people as unlikely to survive. Quotations from Epictetus and Marcus Aurelius litter the book, and their tips permeate every page. . If you don’t just like the personal position, it may seem a bit navel-gazing. A must-read A valuable publication that each conscientious hiker/climber/hunter/outdoorsman/human should browse.” Again, Clausewitz says a general must not “expect an even of precision in his procedure that simply cannot be achieved due to this very friction.” And trying to impose our very own reality on actual reality when that friction starts to bite is disastrous. Even if you choose carefully and also have self-control, and avoid a system failure, you might still result in a survival situation simply by simple failure of knowledge. In the event that you don’t bother to inquire how the local waves differ from the waves you are aware of, you may end up in trouble that you could have easily avoided. And, ultimately, you might still die. he merely offers analysis and information for maximizing the opportunity of avoiding problems. Gonzales spends the first half of the reserve evaluating “How Mishaps Happen. Many people “bend the map”—they make an effort to, when lost in an unfamiliar area, rationalize how they are really in a familiar region. Look underneath and find the deeper issues and you will see them.” The last is stated by a wilderness firefighter of his daily work, nonetheless it can equally well be applied to a survivor in a single desperate circumstance. Accept your fate yet work to change it. We want this type of decision making, since it is definitely fast and effective, but it can kill us, if the emotion qualified prospects us to accomplish something objectively stupid. Hardly ever give up. But don’t fall in love with the program. rest proactively rather than pushing yourself. Balance risk and reward, then act decisively—be a “man of actions.” Pray—actually if it doesn’t work, it helps you focus and take action. (Although neither Gonzales nor Ripley emphasize it, both note that spiritual people are a lot more more likely to survive. The reserve is elegantly written, too. Fatigue is mainly psychological and challenging to recuperate from; The survivor is certainly consistently adapting. follow a program; create order. (No fatalities thank heavens, while some deserved to die). Gonzales will not guarantee that everything will end up being OK; "I'm very happy to have browse it. Be as Stoic as possible." This is a thorough and well-written book! I imagine a lot of us would list some variants on these if asked the question, “what should one do to survive? Ripley targets true disasters. Accident generally happen; It offers helped me see my previous and present activities in a more detailed filter of "the proper stuff" that Achievers grasp for.. I have recommended this book to a variety of close friends (and I heard of it from my closest brother). For him, in the event that you stay home, you will see no survival problem. If read on multiple levels, it is far more than about survival in "adventure sports" or combat. It's about how to handle all sorts of disasters that we all eventually face.) “Plan the air travel and fly the plan. Ripley is a straightforward young article writer trying to investigate what others do. Concentrate on yourself, not on blaming others, or counting on them. In reality, when there is a unifying theme of “Deep Survival,” apart from survival itself, it is Stoicism.. Gonzales focuses little on

accurate disasters, where our day to day lives are abruptly interrupted by a wholly unexpected catastrophic and immediately existence threatening event that we must escape; Don't do this. None of what Gonzales says is all that startling. Why does a seasoned hunter die when catastrophe strikes in the wilderness, but a four-year-old kid manages to remain alive? What separates the victim from the survivor? Mr. Gonzales has created a comprehensive book about them, examining accounts of tragic misfortunes for clues. And at the guts lies the mind.. We should plan, but we should be able to forget about the plan as well. Ultimately, he boils it down to the following tips of adventure: perceive, believe, then act—intelligence is a matter of "guessing well. This book should save a existence, if it hasn't currently. don't hurry. even more than once Fantastic book should be required reading for life. Get the details you need for the activity you intend to activate in. Commune with the lifeless—meaning, know how other people got into trouble and why they died. Mr. Embrace the beginner's brain. This book is a gift that I am sure the recipient will love." Instructive, elusive, somewhat mystical, resonates truth I actually liked the instructive types of survivors' tales. I didn't like the apparent lack of business. The theme of the publication seems to be something similar to, "survival skill- you either first got it, or you don't". What it really is, is hard to state.. Gonzales is a more florid writer on a semi-autobiographical quest following a life of experience;. "But what could be earned is a certain nobility—not really in the sense of aristocratic status however in the feeling of striving for quality and dignity of behavior and living. Many degrees of meaning. And he inadvertently affirms many biblical or proverbial truths in regards to a godly spirit, a spirit that simultaneously stretches for the celebrities, but exerts no hold on his actions. A state of being that is both intentional and Laissez Faire, or spirit led. It reveals a Zen like attitude of loving the substance of your current state for the wonder that can be found there, and in the work of loving instead of fearing or dreading, anguish flees and imagination is definitely borne. This is actually the very essence of a transformed heart, a center in tune with God, dead to self, alive to the spirit. This book stations these notions. A pleasurable read. Fascinating book Good browse. Gonzales ties all his tales and thoughts back again to himself—back again to his own developing appreciation for these principles he discovers during his life, & most of all back again to his dad's experiences in Globe Battle Two and the rest of his lifestyle (he was a bomber pilot alive at the time this reserve was written, 2004). It's boring Excruciatingly boring Great service Great assistance. A Navy Seal commander mentioned that "the Rambo types are the first to go. Great info, fun read That is my adventure into survival based books, and the other reviews that rave about the writer and this book were dead on." "[T]he survivor 'will not impose pre-existing patterns on brand-new information, but rather allows new details to reshape [his mental models]. I've read it 3 x now. It's inspiring. is usually everywhere in contact with chance, with effects that are impossible to calculate. & most importantly, be humble. Gonzalez is certainly a talented storyteller who does well to present a topic - which is obviously personally compelling to him - in a manner that is normally digestible, understandable, and available to a wider market." Avoid impulsive behavior; Great read - value reading. How quickly a human being adapts to a rapidly deteriorating situation—whether the sinking of a boat in the sea or a damaged limb on a mountainside or the imprisonment in a World War II German POW camp—has everything related to letting go of preconceived notions of the way the situation should be and instead facing the reality of what lay before them and how exactly to develop a plan of action. (It's a reserve about nothing!. But, Perhaps, "It ain't braggin' in the event that you done it. Understand your stuff—a deep understanding of the world may save your life. Does a good work touching on mental frameworks and conditions that arrive from having inadequate frameworks Amazing read This is

a treatise on what cognition works, a survival manual on how to deal with dire circumstances in the open, a terrific assortment of survival and disaster stories, including many cautionary tales which will make essential reading before attempting that next hike, climb or open sea adventure. The tale of the author's father is certainly itself worth the price of the book, it really is incredibly inspiring.



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