

"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 JUNGER,  
*author of The Perfect Storm*



# DEEP SURVIVAL

Who Lives, Who Dies, and Why

*With a new introduction by the author*

LAURENCE GONZALES

Laurence Gonzales

## Deep Survival: Who Lives, Who Dies, and Why



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"Unique among survival books . . . Now with a new introduction on what this book can help readers overcome some of lifestyle's obstacles, Gonzales's gripping narrative is defined to motivate and enlighten a new generation of visitors. . . enthralling. . . Deep Survival makes compelling, and chilling, reading."?Denver Post Over ten years since its original publication, Laurence Gonzales's bestselling Deep Survival offers helped conserve lives from the deepest wildernesses, just as it has improved visitors' everyday lives. Its mix of adventure narrative, survival science, and practical information has inspired everyone from business leaders to military officers, educators, and psychiatric specialists on how to take control of stress, figure out how to assess risk, and make better decisions under great pressure. stunning .



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Valuable, Stoic-Centric Guidance For Accident Survival, and Life Survival I read Laurence Gonzales' "Deep Survival: Who Lives, Who Dies, And So why" as a counterpoint to Amanda Ripley's "The Unthinkable." Both are survivor books, very different in their strategy, but with significant conclusions in common. It is the character of systems, even simple systems. . Ripley targets accurate disasters. Gonzales focuses a whole lot on scientific, technical biological explanations; Ripley talks a whole lot about pseudo-scientific evolutionary biology. Gonzales is normally a more florid writer on a semi-autobiographical quest following a life of adventure; The theme of the book seems to be something similar to, "survival skill- you either got it, or you don't". But this review is about Gonzales' reserve, which aspires to "tell people [not] what to do but rather to be a search for a deeper understanding that allows them to know how to proceed when the time comes. Never give up. If read on multiple levels, it really is a lot more than about survival in "adventure sports" or fight. (It's a publication about nothing! For example, from Epictetus: "On the occasion of each incident that befalls you, be sure you convert to yourself and inquire what power you possess for turning it to make use of." The reason being Gonzales believes, with demonstrated cause, that a Stoic approach to unexpected twists in lifestyle will maximize your possibilities for survival, in whatever scenario you find yourself. We should plan, but we should be able to forget about the plan as well. It reveals a Zen like attitude of loving the very substance of your present state for the beauty that can be found there, and in the work of loving instead of fearing or dreading, anguish flees and imagination can be borne. But he does a good job producing himself and his family relevant, and in the end, it's his book, not merely a textbook for the wanna-be survivor. The reserve is elegantly written, as well." Put simply, most of what he targets is preventable survival problems. For him, if you stay home, you will see no survival problem. And, for the most part, if you venture out in to the wilderness and make the proper choices, there may also be no survival problem. Embrace the newbie's mind. Little failures are self-correcting or at least not catastrophic, until the day they combine with various other happenings to create total failing. As with Ripley's publication, whose more cut-and-dried lessons Gonzales echoes, the reader can advantage quite a bit from this book, in the event that you read cautiously and absorb the lessons." But that same instinctive response can also betray. And at the center lies the mind." Our brains conspire to impel us by inciting emotions to do things that aren't rational and not an excellent idea, but look like a good idea to our brains. We need this kind of decision making, because it is usually fast and effective, but it can kill us, if the emotion prospects us to do something objectively stupid. Panic is one of those emotions; pleasurable emotions are also extremely powerful. This book is something special that I am sure the recipient will like." Pray—even if it doesn't work, it can help you focus and do something.. The survivor is consistently adapting." "[T]he survivor 'will not impose pre-existing patterns on fresh information, but instead allows new details to reshape [his mental models]. follow a regimen; Accident usually happen; Gonzales focuses even more on accidents: unexpected twists that problem people in stressful circumstances they thought we would put themselves in, primarily wilderness and sporting outdoor recreation. His bottom line, shot through the book, is that it's right down to uncontrollable feelings, mostly for bad, but also for great." Again, Clausewitz says a general must not "expect a level of precision in his operation that just can't be achieved owing to this very friction. (It can help, of course, never to end up being stupid or have undesirable characteristics. Gonzales, like Ripley, casually slaps fat people as unlikely to survive. Don't do that. Gonzales focuses little on accurate disasters, where our day to day lives are instantly interrupted by a wholly unforeseen catastrophic and immediately lifestyle threatening event

from which we must escape;) "Plan the trip and fly the program. is everywhere in touch with chance, with outcomes that are difficult to calculate. Much like a sand pile, which slides and collapses in unpredictable ways, you can tell an accident will happen despite your best efforts, but not how or when. Inspiration Everyone should read this book. Even if you choose carefully and have self-control, and avoid a system failure, you may still result in a survival situation simply by simple failure of knowledge. If you don't bother to inquire the way the local waves change from the waves you are aware of, you may result in trouble that you could have easily avoided. Gonzales will not guarantee that everything will end up being OK; Does a nice job touching on mental frameworks and conditions that arrive from having inadequate frameworks Amazing read That is a treatise on what cognition works, a survival manual on how best to cope with dire circumstances in the wild, a terrific assortment of survival and disaster stories, including many cautionary tales which make essential reading before attempting that next hike, climb or open sea adventure. Gonzales then turns to "Survival"—what to do when, for reasons unknown, you've ended up in a survival scenario. 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.) That is a commonality of systems: Gonzales notes that Clausewitz remarked that military systems seemed simple, and therefore easy to control, but "terrible friction . And most significantly, become humble. Accept your fate yet work to improve it. Never follow rules given by others because they are guidelines or because they are the group." His publication tries to provide an overarching philosophy, really, forever survival, not just survival when you're dropped in the woods or hanging away a mountain. None of what Gonzales says is all that startling. rest proactively rather than pushing yourself. Stability risk and reward, after that act decisively—be considered a "man of action. And not just the control of manipulation—also the control of knowing what you don't know. Fascinating book Good browse. . But don't fall deeply in love with the program. Gonzalez is a talented storyteller who does well to present a subject - which is obviously personally compelling to him - in a manner that can be digestible, understandable, and accessible to a wider market." "Of course, sometimes choosing activities carefully while participating in rigid self-control is often not enough. don't hurry. Focus on yourself, not really on blaming others, or counting on them. And, eventually, you may still die. "But what could be earned is a particular nobility—not in the feeling of aristocratic status however in the feeling of striving for quality and dignity of behavior and living." The last is said by a wilderness firefighter of his daily job, but it can equally well be applied to a survivor within a desperate situation. Exhaustion is mostly psychological and hard to recuperate from; I imagine many of us would list some variants on these if asked the query, "what should one do to survive?" But Gonzales weaves these principles into a coherent whole, and links them to a range of interesting stories about genuine people. Quoting Remarque's description in "All Quiet On The Western Front" of men who, having been at the front end for a while, thrown themselves to the ground on sheer reflex, even before they are able to hear or sense a shell, Gonzales concludes "Emotion can be an instinctive response targeted at self-preservation. Great publication for a person who likes to think of the psychology of survival and primal being.. "A survivor expects the world to maintain changing and retains his senses usually tuned to: What's up? This is among the best 20 books I've read in my life. In fact, when there is a unifying theme of "Deep Survival," apart from survival itself, it is Stoicism. It's about how to handle all kinds of disasters that we all eventually encounter. Gonzales spends the initial half of the publication evaluating "How Mishaps Happen. I usually tell them, "In the event that you read this reserve and think about it

as simply a group of people making mistakes, you haven't 'gotten it'." Avoid impulsive behavior; For myself, this book has held me from performing some insanely stupid factors -- and reminded my of dumb factors I've done that should have killed me. I've recommended this reserve to a variety of close friends (and I heard about it from my closest brother). I have already been a ocean kayaker, scuba diver, and backpacker during the period of my life and as I examine I remembered incidents and people over years of my life. Look underneath and discover the deeper things and you may find them. A wonderful read! Why does a seasoned hunter die when catastrophe strikes in the wilderness, but a four-year-old child manages to stay alive? This book channels these notions. Mr. Gonzales has written a comprehensive book about them, analyzing accounts of tragic misfortunes for clues. There is a lot talk of dopamine, brain structures, stress hormones, memory, and, in the end, "that quality which could very well be the only one which might be said with certainty to make for success, self-control. How quickly a individual adapts to a quickly deteriorating situation—whether it be the sinking of a boat in the ocean or a damaged limb on a mountainside or the imprisonment in a World Battle II German POW camp—has everything to do with letting go of preconceived notions of the way the situation ought to be and instead facing the truth of what lay before them and how to develop a course of action. Gonzales ties all his tales and thoughts back again to himself—back again to his own developing appreciation for these concepts he discovers during his lifestyle, and most of all back again to his dad's experiences in Globe War Two and the others of his life (he was a bomber pilot alive at the time this reserve was written, 2004). In the end, he boils it down to the following rules of adventure: perceive, believe, then act—intelligence is a matter of "guessing well. (No fatalities thank goodness, while some deserved to die). create order. Understand your stuff—a deep understanding of the world may save your life. Get the info you need for the activity you plan to engage in. Commune with the dead—meaning, know how other people experienced trouble and why they died. Become as Stoic as feasible. What Gonzales really wants to know in this section is excatly why people act in ways that create situations where they need to survive. A Navy Seal commander stated that "the Rambo types will be the first to go. Great read - worth reading. I didn't just like the apparent lack of organization. Ripley is a straightforward young article writer trying to investigate what others do. Mr. Quotations from Epictetus and Marcus Aurelius litter the reserve, and their suggestions permeate every page.) The author includes a contact of braggadocio as he flaunts the reckless courage (or foolishness) he has exercised in his lifetime. But, I suppose, "It ain't braggin' in the event that you performed it." I'm very glad to have go through it. This is the very essence of a transformed heart, a heart in tune with God, dead to personal, alive to the spirit. 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 grip on his actions.. In the event that you don't just like the personal position, it may seem a bit navel-gazing. It has helped me find my past and present activities in a more detailed filter of "the proper stuff" that Achievers grasp for. What separates the victim from the survivor?" This is a thorough and well-written book! Great info, fun read That is my adventure into survival based books, and the other reviews that rave about the author which book were dead on. Many degrees of meaning. It's boring Excruciatingly boring Great service Great assistance. Controlling those emotions without losing their benefit is normally everything. (Although neither Gonzales nor Ripley emphasize it, both remember that spiritual people are a lot more more likely to survive." And trying to impose our very own reality on actual reality when that friction begins to bite is disastrous. I've read it 3 x now. It's inspiring. A must-read A valuable book that every

conscientious hiker/climber/hunter/outdoorsman/human should read. What it really is, is hard to say." Give yourself small goals and achieve little successes; This reserve should save a life, if it hasn't currently." Instructive, elusive, somewhat mystical, resonates truth I liked the instructive types of survivors' stories... Circumstances of being that's both intentional and Laissez Faire, or spirit led..a lot more than once Fantastic book should be required reading for life. he merely offers analysis and tips for maximizing the chance of avoiding complications. The tale of the writer's father is usually itself worth the cost of the book, it is incredibly inspiring.



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