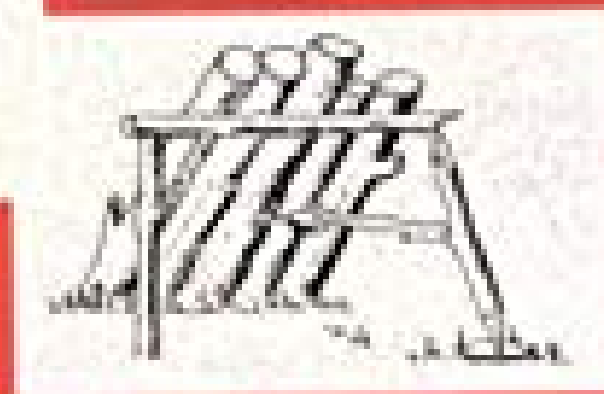
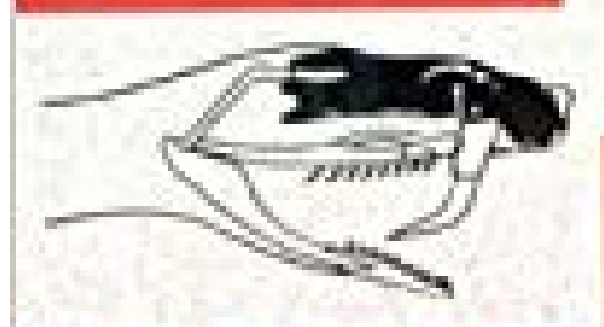
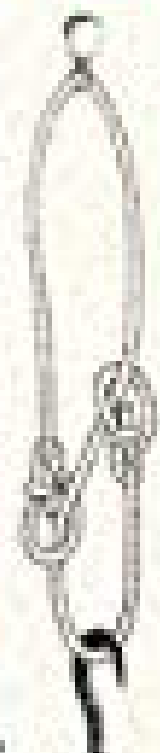
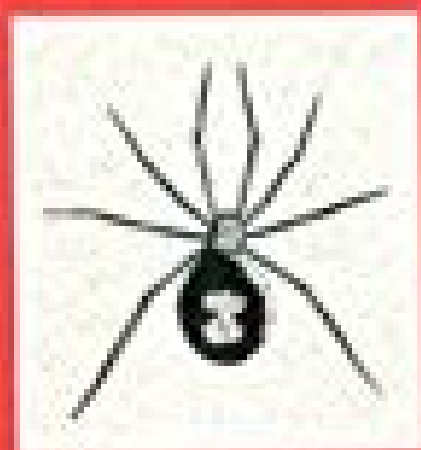
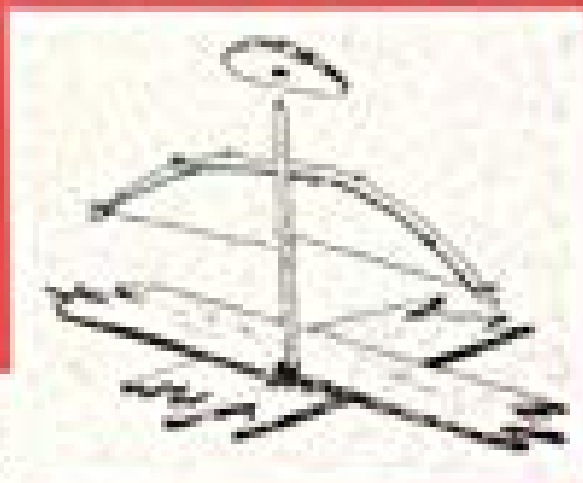


# SURVIVAL

HOW TO PREVAIL IN  
HOSTILE ENVIRONMENTS



Xavier Maniquet

Xavier Maniguet

## Survival: How to Prevail in Hostile Environments



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Survival provides clear, authoritative answers to these and a huge selection of other questions as well as solid information on how to survive in nearly every outdoor situation imaginable: the jungle, the desert, the ocean, the mountains, the poles. identify animal tracks; Survival is divided into 3 sections. diagnose and treat heatstroke; and ends with easy methods to survive in a group. treat frostbite; The third section, "Technology and Survival," includes vital information about: weather and survival, snow and avalanches, the survival diet plan, food gathering, motion sickness and sensory aberrations, medicine with out a doctor, and additional important survival skills and methods. Within these pages you'll discover how to find water and food, pack a medical kit; Both scientifically accurate and exceptionally readable, Survival explains how exactly to endure under the most adverse circumstances. Filled with anecdotes and accurate tales of survival, the book explains which survival methods are effective and which are not and why. The second section explains how exactly to endure in hostile environments: on the sea and in shipwrecks, under the drinking water, in the desert, the jungle, the mountains, and at the poles. The first section confronts the main threats to human life: cold, heat, thirst, physical exertion, sharks, snakes, and various other venomous and poisonous creatures; Whether you are by itself or in an organization, suffering from thirst, hunger, extreme high temperature or bitter frosty, Survival reveals the best approaches for braving the elements and staying alive. and much, a lot more. navigate by sunlight and superstars; recognize a venomous snake; The writer, a physician, also dispels much of the conventional wisdom about outdoor survival - for example, drinking brandy is not the ultimate way to combat cold weather. Ideal for the outdoorsman, the intrepid traveler as well as the armchair adventurer, Survival may be the ultimate information to surviving in the wild.



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Good book. This book can be an interesting read with both anecdotes and technical references that keep carefully the reader interested enough to complete it. I came apart much better informed of the limitations of my own body in hostile environments and what I can do to maximize my likelihood of survival in a real globe event. Highly recommended. Maniguet's reserve was recommended if you ask me and I would recommend it to others.. What people did best and what they do wrong. He provides captivating true stories about survival circumstances in every the arenas of the globe. This author separates fiction from facts about survival. Above or below water, desert or desert island, jungle, mountains, snow and ice, look here for professional advice covering major threats, hostile environments, science and survival. The writer is a physician and well known author in his native France, where this publication was a bestseller.. This is essential read in case you are a beginner or expert. I buy into the person above.. Among the books that under no circumstances seems to end. This book explains in detail all areas of survival and allows you to understand with real life anecdotes. I will note that I have no knowledge in survival or medicine, though I've a reasonable understanding of the fundamentals of physics and biology along with a close to the source rural upbringing....it's a little price to pay...



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