



JAMES  
MORGAN  
AYRES

# THE TAO

((( OF )))

# SURVIVAL

SKILLS  
TO KEEP YOU  
ALIVE



*James Ayres*

**Tao of Survival: Skills to Keep You Alive**



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Teaching you the abilities to harmoniously survive anything, anywhere, anytime. He currently lives in Southern California. It delves into fundamental concepts that a lot of survival books don't cover, including how to deal with fear, developing brain/body skills, and completely engaging your senses to understand your surroundings.S. James Morgan Ayres spent some time working as a consultant for various U. government organizations and private companies, founded four companies, and lived and proved helpful around the globe. He's created seven books, taught seminars on the tao of survival and related topics, and is a student and instructor of Asian thought, martial arts, healing, and meditation for more than forty years. The Tao of Survival focuses on real-world, core survival skills that can save your valuable lifestyle anytime and anyplace, in any emergency situation.



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Exceptional overview of the topic from a fresh perspective! I have long enjoyed JMA's articles in Knife publications and I've read and re-browse "The Tactical Knife" and bought copies for both my sons who are, like me, 'knife guys', and outdoors-men. That is my bible of personal protection and survival! In his publication Tactical Knives you get yourself a glimpse of the author and a bit about his ideas concerning knives, survival, what works, etc. Predicated on some of his recommendations I tried out some knives and Knife businesses that I normally wouldn't normally have considered before. I purchased "The Tao of Survival" based solely on my previous encounter with the authors components and my reference to his personal "philosophy". All situations are in bottom survival situations, but also they are all enjoyment circumstances, and being fully present significantly enhances the pleasure of life. The title is nearly mis-leading as the author takes you into the TAO of Survival, but not like you would think. He properly lays an excellent foundation for this book, and I'm sure for those that will follow in the series. You shouldn't be put off if you think this is a book about prepping--its much more than that; He's very happy with the book and says it has exceptional, practical survival tips. In fact this book presents good sense skills which used to end up being common place in much of the world. But as the previous saying goes: "Good sense is not always common practice." That is a publication you will go back to often over the years to re-read the passages you hi-lighted and the notes you wrote in the margin. Morgan Ayres contacted me at the recommendation of Myke Hawke, author of perhaps the best general survival reserve out there today. It had been and a conversation began. Now, JMA.. Myke, Morgan, and I are former Particular Forces soldiers, which is a exclusive and usually bonding romantic relationship. It actually comes with exercises to practice which surprised me. Exceptional book I ordered this as a gift for my husband. Oft-overlooked, fundamental survival skills. Be prepared. There are a large number of survival books which present you with lists of tasks and instructions on how best to perform them in situation XYZ. Light a fire, find your way, treat your wounds, 1, 2, 3.. At its heart, the reserve aims to help you integrate yourself even more fully into your surroundings, whatever, wherever, or however dangerous they may be. There exists a chapter on assessing people and assessing your situation, which for me (as a social worker in child security) is essential. Having said that, the book isn't a magic bullet (or tablet, or feather, for example) - you are going to have to practice to make sure your first reaction is the right one. A must-have reference for anyone who would like to move about the globe with the confidence. Exceptional adjunct to survival for everybody! This book is the one thing that is missing from all the survival books! Not only the mind collection, there are many books in that, but this one covers how to TRAIN the MIND & MASTER the BODY so that it could not only last better in survival but these exact

things will only enhance your overall lifestyle. Morgan is students of the Tao, and I have already been students of Toltec wisdom. Most of these sources, more than varied in flavor, source an opportunity to perceive and revel in the richness and embedded wisdom contained in them and in our reality. Included in these are: (1) "Reducing Up an Ox" from Merton's The Way of Chuang Tzu, (2) "Enlightenment" from Spiritual Literacy, (3) Drucker's The Effective Executive, and, now (4) Ayres' The Tao of Survival with a particular concentrate on breathing and centering, but there is a lot more in the reserve. I am gradually working my method through the publication, cultivating the abilities, one by one. As of this writing there is an added review on this volume, and the author starts in the spirit of whole disclosure by saying he is a friend of the writer. So am I, in the very long distance way we find friends these days, an internet buddy. Trust me, you will reap the benefits of this book. Ayres experienced contacted Myke to request him to do an introduction to the publication, which Myke was happy to accomplish as the book can be a marvel. Myke also recommended that Morgan email me, as we have interests in common.. To find yourself in Particular Forces one must pass a number of exams for competence and cooperation that are beyond those normally required on the road. What Morgan and I share beyond that is a pastime in what may be termed spirituality if that term weren't unnecessarily limiting. It appears a little out there until you dig in and really go through it, then it's amazing in it's simplicity and strength. Basically we're talking about the same pie, sliced a little bit in a different way. So, this is simply not the entire course on Survival, as Myke's publication is. It focuses on the absolutely most important factor in survival, attitude, consciousness, focus. Many survival books don't actually touch on this. Myke's does, but briefly. This is the best publication on getting the mind correct in a tough spot that I know of. We took my time reading through it once, because I needed to contemplate each topic thoroughly before going on to the next a single. It's a fitness book as well, and I plan to return back through it and perform all the exercises, even though many of them duplicate function I have done in other areas and at other occasions. I want to proceed where this reserve goes. This book is superb and I can't wait for another in the series! One should be present and engaged. In another of his books, Tactical Knives, I noticed a picture of a knife possibly from students of mine from many years ago and wrote to Mr. Ayres to discover if it had been actually my college student. you may as well like it. It awakens your mind and senses to the possibilities and potential we have as humans. . A Path to Survival and, Perhaps, Wisdom Also a disclosure.. Since he's a previous Green Beret I value his opinion as anyone who has been there-performed that. This book largely assumes that you could get this kind of information elsewhere (because you can) and instead targets the building blocks of mental preparedness you will need to do these kinds of things in the first

place. How to Focus Your Life For individuals who take it to heart this is a life-changing publication, and the change will be an improvement.. I have taught for many years in a "small, red-brick liberal arts college" and use "handouts" from multiple sources to supplement text and lecture/discussion. Regardless of how long it requires. Husband very happy.! its about lifestyle skills. James then talks about All of the senses, and allows you to tune in to all of them and appreciate what you may never have really recognized in the past. This book deals with the most important aspect of survival, controlling what you can control, which begins with you. Should be mandatory reading for military and police personnel. Interesting I actually haven't finished the book at this time but so far I love it!please hurry up with others!.Toward the end there are some practical tips for dealing with survival situations, but mainly this is an exercise book in being fully alive, engaged, involved, and happy. You're here anyway; Get it today! I got a copy of The Tao of Survival prior to the conversation began, nevertheless. I intend to expert the teachings included within this book.A must read for everybody who seeks to learn to live! The aim of these is to help the student be there and have an element of control over the allure of interpersonal media and ever active thumbs, what could possibly be called "low cultural context".This is exactly what makes it powerful and relevant. Highly recommended I read this reserve with great curiosity and was very pleased to look for that the primary focus was not a religious 1, but a holistic 1, which considered all things. The book is very well structured, you start with a lesson format and definitions. It progresses to inhaling and exhaling exercises, which in themselves are so relaxing and enabling with regards to focussing the mind and body. manage your survival by taking control of yourself. That is my bible of personal protection and survival! Then, you should consider your senses and skills outside, building on the things currently learned; there is absolutely no rush, no pressure - you move at your own speed. The more recognition and understanding you possess of any given environment, the less likely you are to enter into harm's way. Frequently I have found myself in a possibly dangerous situation on more occasions than I would like to remember.



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