



EPIC SURVIVAL

EXTREME ADVENTURE,
STONE AGE WISDOM,
AND LESSONS IN LIVING
FROM A MODERN
HUNTER-GATHERER



STAR OF DISCOVERY CHANNELS'
DUAL SURVIVAL

MATT GRAHAM
AND JOSH YOUNG

Matt Graham

Epic Survival: Extreme Adventure, Stone Age Wisdom, and Lessons in Living
from a Modern Hunter-Gatherer



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He recounts near-death experiences of hiking only through the snowdrifts at the bottom of the Grand Canyon, and reminisces how he entered a three-day Arabian horse race by walking and finished third. s Dual Survival and Dude, You're Screwed, information the physical, mental, and emotional joys and harrowing struggles of his lifestyle as a modern-day hunter-gatherer. ll feel the call to come back to nature. He learns the secrets of the Tarahumara Indians that helped him operate the 1,600-mile Pacific Crest Trail in just fifty-eight times, and endure consistent daily temperatures of one hundred degrees. He will take us with him as he treks into the wilderness to live only for half a year, armed with only a loincloth, a couple of sandals, a rock knife, and chia seeds. Matt Graham, superstar of the Discovery Channel's story is both motivation and invigoration, teaching even probably the most urbane in our midst important and breathtaking lessons. Whether you're an armchair survivalist or have taken the plunge yourself, Graham' Most importantly, Epic Survival is definitely a reserve about growing nearer to the land that nurtures us. Presented in paperback for the very first time, with a new intro from Graham and a foreword by noted survivalist and writer David Westcott, you' In Epic Survival, written with Josh Small, coauthor of five NY Situations bestsellers, Matt relays captivating stories from his life to show precisely how terrifying and gratifying living off the grid can be.



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Greatest Outdoor survival and character loving book I've read. Great book only bought his knife. I really like both. I can see how people say that he is speaking alot about himself, BUT how else is he likely to relay the history to you? This is a tale of epic accomplishments not really a how to book. I mean yes he's confident, but that's not a bad issue people. The idea would be to find out from him. I wouldn't have a million dollars for my duplicate, it's invaluable. I will get even more for presents. Highly recommend. I browse it in two sittings. Matt is an interesting person with a unique view of the world. This is more of a biography when compared to a survival story. Interesting Interesting book in regards to a man living off the property, how he did it, and how that can be done. I would state if you are looking for a reserve on how best to build traps, and shelters and physical survival technique, this is not that book. More of a biography when compared to a how to This is an excellent biography of Matt Graham. In order to understand the mental requires of survival and how to think through a problem, or simply a good read, that is a book for you personally. I normally dislike biographies because they're boring, but not this one. I got it thinking it was a how to book for stuff like primitive fire and flint knapping but this was a nice surprise. or just an excellent read, that is a reserve for you Browse it cover to cover. I am somewhat envious of his willingness to accomplish what he does. An Inspiring Accounts of A Modern Primitive Absolutely wonderful book on the subject of the life and times, to date, of modern primitive Matt Graham. It appears to be co-authored, which can read a little funny sometimes. Maybe he'll compose another? Matt is typically not a wordsmith; his use of terms can seem just a little primitive (hah! Matt is a superb guy, I love his temperament and patience Matt is a good guy, I love his temperament and endurance. And more instructional images please. Recommend this for all outdoor types. I only desire there have been more instructions and technical information on how he maintained his adventures and way of life choices. It's in the 1st person, but I got the sense while reading that it was dictated or written biographically. If he sees this review, I'm begging for that second book! And really worth the read. One who can not only run a marathon easily but achieve this at elevations that could have most dropping like flies within the first 100 feet Meet Matt Graham, Someone who in my opinion is a real life "Superman". I appreciated it when he was explaining issues but sometimes his ego got truly in the way and turned me off. Person who can not only work a marathon easily but achieve this at elevations that could have most dropping like flies within the initial 100 feet..A great story about a one mans journey surviving in pure harmony with nature.? This was a great book. Highly motivating and an entertaining read. Great Book- Cannot put it down Great reserve that tells Matt's tale. I like the tale. Matt's perspective on survival and attachment to the property is a thing that this and future generations should embrace.) but his accomplishments and his discoveries about the capacity of the human body to endure a significantly different lifestyle than modern urban living is interesting! Honestly magnificent Such a refreshing and genuine read. Not a survival manual but an excellent tale of Matt's Quest of existence. My two preferred survivalist are Matt & Cody. OK Matt, following book write an extended term "Survival Manual". Thanks for an excellent story. Three Stars even more life story than any kind of education on survival techniques It's not a information it's a story It's changed just how I look at how We live my life and has inspired me to reconnect with nature and learn more alternatives to modern lifestyle. I couldn't put it down. I am deeply motivated. and more power to you Matt your not really a couch potato like the majority of people trash talking on right here. Matt writes well to the lay person, explains a lot in detail, and covers several anecdotal stories of survival, as well as a good cover of the philosophy of survival.. Five Stars great read!



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