

Man vs. Wild: Survival Techniques from the Most Dangerous Places on Earth

By Bear Grylls

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Man vs. Wild: Survival Techniques from the Most Dangerous Places on Earth By Bear Grylls

In *Man vs. Wild*, Bear Grylls demonstrates all manner of survival techniques when faced with nature's extremes--from crossing piranha-infested rivers to fighting off grizzly bears. He shows us how, armed with the correct know-how and a determination to stay alive, all of us have the potential to beat the elements in even the bleakest of situations.

Bear Grylls is the ultimate modern-day adventurer. He spent three years with the British Special Forces (21 SAS), only leaving when a near-fatal parachuting accident broke his back in three places. Just two years later, Grylls followed his childhood dream and became one of the youngest climbers ever to reach the summit of Mount Everest. He is the host of the Discovery Channel series *Man vs. Wild*, where viewers tune in to watch Grylls show what it takes to find your way out of the most inhospitable places on earth with little more than the clothes on your back.


Now, in his book, he shows his millions of fans worldwide how to do what he does in an utterly entertaining crash course in surviving every kind of hard ecosystem--mountain, sub-zero terrain, jungle, desert, and the sea. Grylls takes readers on a journey to the corners of the earth and recreates disaster scenarios such as being stranded on a desert island or lost in the snowy Arctic. Perfect for armchair adventurers and extreme sports buffs alike, *Man vs. Wild* is destined to become a classic in adventure literature.

Prepare to learn how to ...Snack on maggotsDig yourself a shelter from the snowSuck the fluid from fish eyeballsSkin a snake and eat itUse your own urine to cool yourself downLive without your cell phone

"When disaster strikes and we find ourselves alone in an unknown and hostile environment, why do some people survive and others perish Almost all of the most extraordinary tales of survival seem to involve an indefinable Ingredient X, which can only be understood as having its source in that mysterious entity, the `human spirit.'"

--Bear Grylls, *Man vs. Wild*

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Editorial Review

About the Author

Ex-special Forces soldier, karate black belt, high-altitude mountaineer and bestselling author, **Bear Grylls** is the host of the popular *Man vs. Wild* show on the Discovery Channel. Bear was the youngest British climber to reach the summit of Mt. Everest and return alive. He was recently awarded an honorary commission as a Lieutenant-Commander in the Royal Navy, and resides with his wife and son in London.

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