



## Your Life - Train for It

By Bear Grylls

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The ultimate survival guide from the world's leading survival expert. Nobody knows survival like Bear Grylls. There is a barely a terrain he hasn't survived in or an extreme environment he hasn't experienced. Over the years - from his time in 21 SAS, through to his extraordinary expeditions climbing (and paragliding over) Everest, traveling through the Arctic's treacherous Northwest Passage, crossing the world's oceans and taking part in expeditions to the toughest corners of each of the seven continents - Bear has accumulated an astonishing wealth of survival knowledge. Now, for the first time, he is putting all his expertise into one book. How To Stay Alive will teach you: - How to survive a bear attack - How to drive off-road - How to fly a plane in an emergency - How to make fire from virtually nothing - How to navigate using the stars - How to administer first-aid - How to escape a burning building - How to survive the most extreme conditions And 100 other essential skills to survive the modern world.

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### Editorial Review

#### About the Author

Bear Grylls' prime-time TV adventure series are some of the most watched shows on the planet, reaching an estimated 1.2 billion viewers in over 200 countries. Bear has authored twelve books, including the international bestseller *Mud, Sweat and Tears*, which has been translated into thirteen languages and was voted the most influential book in China in 2012. He originally served as a Trooper with 21 SAS, as part of the UK Reserve Special Forces, and subsequently led many record-breaking expeditions to the world's extremes, raising millions of pounds for children's charities. In recognition of this Bear was made an honorary Lieutenant Commander in the Royal Navy as well as a Colonel in the elite Royal Marines Commandos. In 2009, Bear took over as the youngest ever Chief Scout to the Scouting Association, acting as a figurehead to 30 million Scouts around the globe. He lives with his wife, Shara, and their three sons, Jesse, Marmaduke and Huckleberry, on a Dutch barge in London and on a small remote island off the coast of Wales.

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