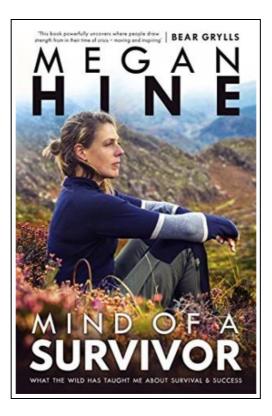
# Mind of a Survivor: What the wild has taught me about survival and success (Hardback)



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# Reviews

Undoubtedly, this is the best function by any writer. It usually will not charge too much. I am just very easily can get a pleasure of looking at a written ebook. (Alivia Quigley MD)

# MIND OF A SURVIVOR: WHAT THE WILD HAS TAUGHT ME ABOUT SURVIVAL AND SUCCESS (HARDBACK)



Hodder Stoughton General Division, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. \*\*\*Shortlisted for the Great Outdoors Book of the Year\*\*\*Surviving in the wild takes a great deal of strength. Often faced with frozen tundra, sweltering deserts, humid jungles, perilous mountains and fast-flowing rivers, Megan Hine is no stranger to perilous conditions. Whilst leading expeditions and bushcraft survival courses and in her work on television shows such as Bear Gryll s Mission Survive and Running Wild, she has explored the corners of the globe in pursuit of adventure.Faced with the toughest of conditions: bad weather; lack of food and being in the presence of predators, is the ultimate test of character and often the biggest challenge to overcome is in the head. In these situations, the human brain is simultaneously the greatest asset and biggest liability. Not everyone is suited to the great outdoors and when danger calls many aren t as well-equipped to survive, no amount of top of the range kit will save you if you don t have the right frame of mind. Here Megan Hine examines the human ability and instinct for survival, showing us how others have developed the attitudes and attributes to thrive in the most dangerous situations, and how those same attitudes and attributes help them confront problems and obstacles at work and at home. Being chased through the jungle by armed opium farm guards, abseiling past bears and lighting fires with tampons, Megan has seen and done it all. In Mind of a Survivor she takes you along for a series of life-and-death adventures and shows you what happens to people when they are pushed to their limits. Inspirational rather than instructional, Megan examines the human ability and instinct for survival sharing the life tools that she uses...

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