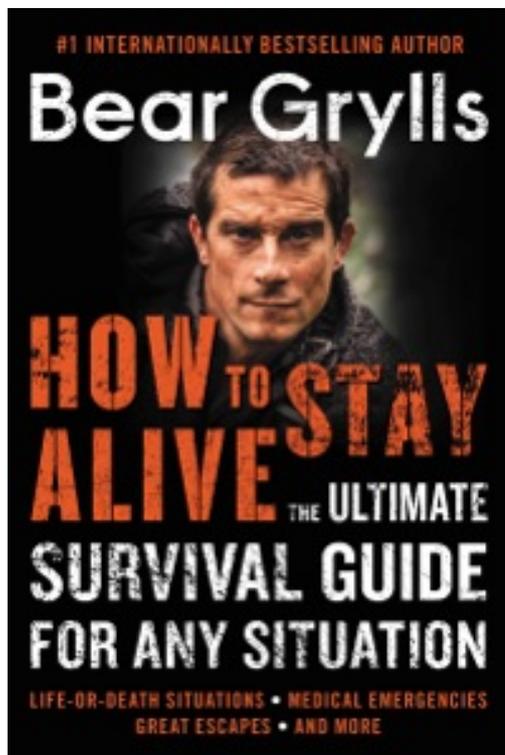


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Bear Grylls



How to Stay Alive download or read online Bear Grylls PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, The ultimate survival guide from Bear Grylls, former Special Forces soldier and #1 world-renowned "King of Survival" (Outside)

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Opening with the most essential survival skills—assembling your survival kit, making a fire, building a shelter—and then moving on to more specific situations, such as escaping fire, dealing with harsh terrain, and handling medical emergencies, Grylls is a sure guide for any type of disaster situation. Readers will learn how to survive in a life raft, land a helicopter in an emergency, treat hypothermia and frostbite,

escape from quicksand, and numerous other lifesaving tips.

Richly illustrated with diagrams throughout, How to Stay Alive will be the definitive outdoor survival tome for years to come.

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