



The Survival Manual: Learn the Skills for Coping in Any Extreme Situation

By Kenneth Griffiths

Carlton Books Ltd. Book Condition: New. Every year, ordinary people find themselves facing extraordinary, life-threatening survival situations brought about by hostile encounters, adverse weather or freak accidents. This book covers subjects such as the psychology of survival, shelter and food, and includes tips on the mental and emotional resilience required in the face of adversity. Num Pages: 176 pages, 50 illustrations. BIC Classification: WSZV. Category: (G) General (US: Trade). Dimension: 120 x 178 x 12. Weight in Grams: 206. . 2013. Paperback. . . . Books ship from the US and Ireland.



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Reviews

This book will be worth getting. Better then never, though i am quite late in start reading this one. Its been written in an extremely basic way which is only right after i finished reading this book through which actually altered me, alter the way i believe.

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