



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

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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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