

Deep Survival: Who Lives, Who Dies, And Why - Laurence Gonzales

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After her plane crashes, a seventeen-year-old girl spends eleven days walking through the Peruvian jungle. Against all odds, with no food, shelter, or equipment, she gets out. A better-equipped group of adult survivors of the same crash sits down and dies. What makes the difference? Examining such stories of miraculous endurance and tragic death-how people get into trouble and how they get out again (or not)-Deep Survival takes us from the tops of snowy mountains and the depths of oceans to the workings of the brain that control our behavior. Through close analysis of case studies, Laurence Gonzales describes the "stages of survival" and reveals the essence of a survivor-truths that apply not only to surviving in the wild but also to surviving life-threatening illness, relationships, the death of a loved one, running a business during uncertain times, even war. Fascinating for any reader, and absolutely essential for anyone who takes a hike in the woods, this book will change the way we understand ourselves and the great outdoors.

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