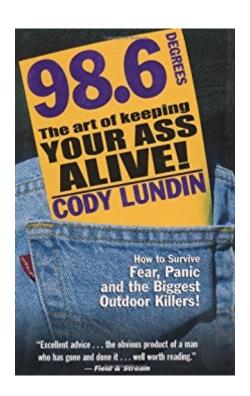
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98.6 Degrees: The Art Of Keeping Your Ass Alive





Synopsis

Cody Lundin, director of the Aboriginal Living Skills School in Prescott, Arizona, shares hisown brand of wilderness wisdom in this highly anticipated newbook on commonsense, modern survival skills for the backcountry, the backyard, or the highway. This is the ultimate book on how tostay alive-based on the principal of keeping the body's coretemperature at a lively 98.6 degrees. In his entertaining and informative style, Cody stresses that a human can live without food for weeks and without water forabout three days or so. But if the body's core temperature dipsmuch below or above the 98.6 degree mark, a person can literally die within hours. It is a concept that many don't take seriously or even consider, but knowing what to do to maintain a safe coretemperature when lost in a blizzard or in the desert could saveyour life. Lundin delivers the message with wit, rebellioushumor, and plenty of backcountry expertise. Watch naturalist Cody Lundin on "DualSurvival" as he uses many of the same skills and techniquestaught in his book: 98.6 Degrees: The Art of Keeping Your AssAlive. As seen in the 10-part series "Dual Survival" on The Discovery Channel!Cody Lundin and his AboriginalLiving Skills School have been featured in dozens of national and international media sources, including Dateline NBC, CBS News, USA Today, The Donny and Marie Show, and CBC Radio One in Canada, as well as on the cover of Backpacker magazine. When not teachingfor his own school, he is an adjunct faculty member at YavapaiCollege and a faculty member at the Ecosa Institute. Cody is theonly person in Arizona licensed to catch fish with his hands, andlives in a passive solar earth home sixty miles from Prescott, Arizona. (20030814)

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Customer Reviews

OK, here's the deal. If you've ever read through one of the exhaustive, "Military-FM-Type" survival manuals (some of which are really great, by the way - Lofty Wiseman's classic comes to mind), you know that they often detail a half-dozen ways to improvise and use fishing gear, maybe a dozen different snares and deadfalls, and several dozen or more species of wild edibles. Absolutely none of which are included in Cody Lundin's book. And they darn well shouldn't be. Simple as that. Because even a cursory glance at survival/rescue statistics will support Cody's assertion that the vast majority of wilderness survival scenarios, barring getting lost in the or something (if that's a possibility for you, by all means check out Wiseman, but AFTER you've read this -- what's here still applies), occur over a 72 hour period or less. This book is about making it through that three day period. That means that, given an average amount of body fat, you could have not eaten for a couple of WEEKS before you got lost and probably still come out okay. Food's just not an issue for short term survival, folks. But hypothermia and hyperthermia? Now THOSE are issues, as another casual glance at the statistics will confirm. What's the number one killer? Not a failure to eat. Not a failure to navigate by the stars. Not even a failure to adequately execute a figure-four deadfall. Nope. The number one killer is a failure to adequately regulate core body temperature. The problem is, everybody else glosses over this particular subject on their way to the really cool improvised fishing tackle and blowguns. I mean EVERYBODY. I love the books by Lofty Wiseman, Greg Davenport, Bradford Angier, and Ray Mears, just to name a few.

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raw honey, honey bee, apiculture, beekeeper) The Broke-Ass Bride's Wedding Guide: Hundreds of Tips and Tricks for Hitting Your Budget Your New Prime: 30 Days to Better Sex, Eternal Strength, and a Kick Ass Life After 40 Bonnie J. Addario Navigating Lung Cancer 360 Degrees of Hope Six Degrees of Separation Degrees of Inequality: How the Politics of Higher Education Sabotaged the American Dream The Entered Apprentice Handbook, The Fellow Crafts Handbook, The Higher Degrees Handbook, and The Master Mason's Handbook Six Degrees: Our Future on a Hotter Planet Look to the East: A Ritual of the First Three Degrees of Freemasonry Six Degrees: The Science of a Connected Age Sizzling Chops and Devilish Spins: Ping-Pong and the Art of Staying Alive Big Bad-Ass Book of Cocktails: 1,500 Recipes to Mix It Up! "Kick Ass" Home Security! Veteran Police Officer Reveals Simple Ways to Protect Yourself from Burglars, Thieves, and Other Scum-of-the-Earth! Skinny Bitch in the Kitch: Kick-Ass Solutions for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!)

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