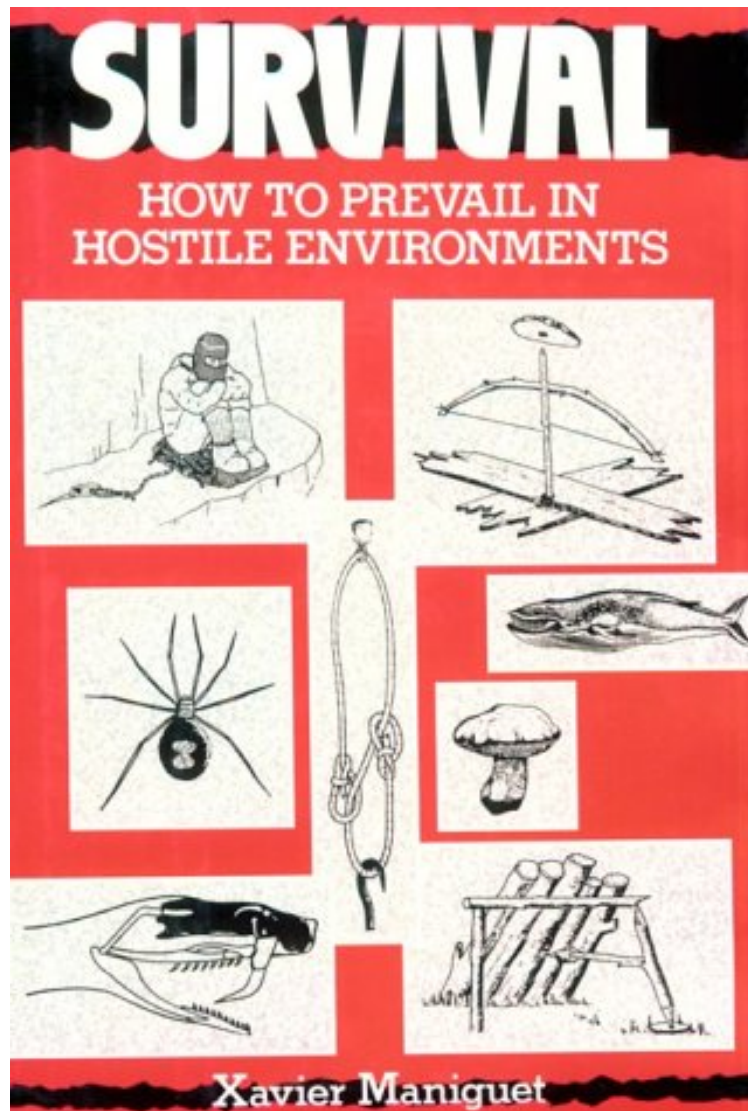




## Survival: How to Prevail in Hostile Environments

*Xavier Maniguet, Xavier Maniguet*  
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**Xavier Maniguet, Xavier Maniguet : Survival: How to Prevail in Hostile Environments** before purchasing it in order to gage whether or not it would be worth my time, and all praised Survival: How to Prevail in Hostile Environments:

0 of 0 people found the following review helpful. Good book. By Joel Fink This book is an interesting read with both anecdotes and technical references that keep the reader interested enough to finish it. I came away much better informed of the limits of my body in hostile environments and what I can do to maximize my chances of survival in a real world event. I will note that I have no expertise in survival or medicine, though I've a reasonable understanding of

the basics of physics and biology along with a close to the source rural upbringing. Maniguet's book was recommended to me and I recommend it to others. 7 of 8 people found the following review helpful. This is a must read if you are a beginner or expert. By A Customer This author separates fiction from facts about survival. He provides captivating real stories about survival situations in all the arenas of the world. What people did right and what they did wrong. Above or below water, desert or desert island, jungle, mountains, snow and ice, look here for expert advice covering major threats, hostile environments, science and survival. The author is a physician and well known author in his native France, where this book was a bestseller. 3 of 5 people found the following review helpful. I agree with the person above.... By Gulhan Coban This book explains in detail all aspects of survival and helps you to understand with real life anecdotes. One of the books that never seems to end. Highly recommended.... it's a small price to pay...

Survival provides clear, authoritative answers to these and hundreds of other questions as well as solid information on how to survive in almost every outdoor situation imaginable: the jungle, the desert, the sea, the mountains, the poles. Whether you are alone or in a group, suffering from thirst, hunger, extreme heat or bitter cold, Survival reveals the best techniques for braving the elements and staying alive. Survival is divided into three sections. The first section confronts the major threats to human life: cold, heat, thirst, physical exertion, sharks, snakes, and other venomous and poisonous creatures; and ends with tips about how to survive in a group. The second section explains how to endure in hostile environments: on the sea and in shipwrecks, under the water, in the desert, the jungle, the mountains, and at the poles. The third section, "Science and Survival," includes vital information about: weather and survival, snow and avalanches, the survival diet, food gathering, motion sickness and sensory aberrations, medicine without a doctor, and other important survival skills and techniques. Within these pages you will discover how to find water and food, pack a medical kit; navigate by the sun and stars; recognize a venomous snake; treat frostbite; diagnose and treat heatstroke; identify animal tracks; and much, much more. Both scientifically accurate and exceptionally readable, Survival explains how to endure under the most adverse circumstances. Complete with anecdotes and true tales of survival, the book explains which survival techniques are effective and which are not and why. The author, a physician, also dispels much of the conventional wisdom about outdoor survival - for instance, drinking brandy is not the best way to combat cold weather. Ideal for the outdoorsman, the intrepid traveler as well as the armchair adventurer, Survival is the ultimate guide to surviving in the great outdoors.

From School Library Journal YA-Even someone who considers walking through the mall parking lot to be an outdoor experience will find this book hard to put down. In addition to the usual-and some unusual-survival guidelines, which incorporate the latest discoveries about the body's reaction to extreme conditions, it offers true stories of survival as well as numerous "sight bites" that both inform and entertain. The book is divided into three main sections: major threats (cold, thirst, snakes, etc.); hostile environments (e.g., desert, jungle, mountains); and how science can aid in survival (food gathering, preparing for weather conditions). The author's explanations of physiological responses are useful. Both exhaustive and eminently readable, this title is also useful for biology and earth science project ideas. Judy McAloon, Potomac Library, Prince William County, VA Copyright 1994 Reed Business Information, Inc. From Booklist Surviving diving accidents, shipwrecks, desert hikes, avalanches, jungle travel, and other hazards is possible, according to Maniguet, who offers a large body of supporting advice, factual evidence, and true-adventure tales. Lists of myths precede his facts and amazing survival stories. He offers charts that delineate types of vaccines, medicines, snow, sharks, and snakes. His blend of anecdotes and how-to makes this a fascinating book for the armchair traveler as well as an essential guide for the daring one, whether camper or polar explorer. Denise Perry Donavin Language Notes Text: English (translation) Original Language: French