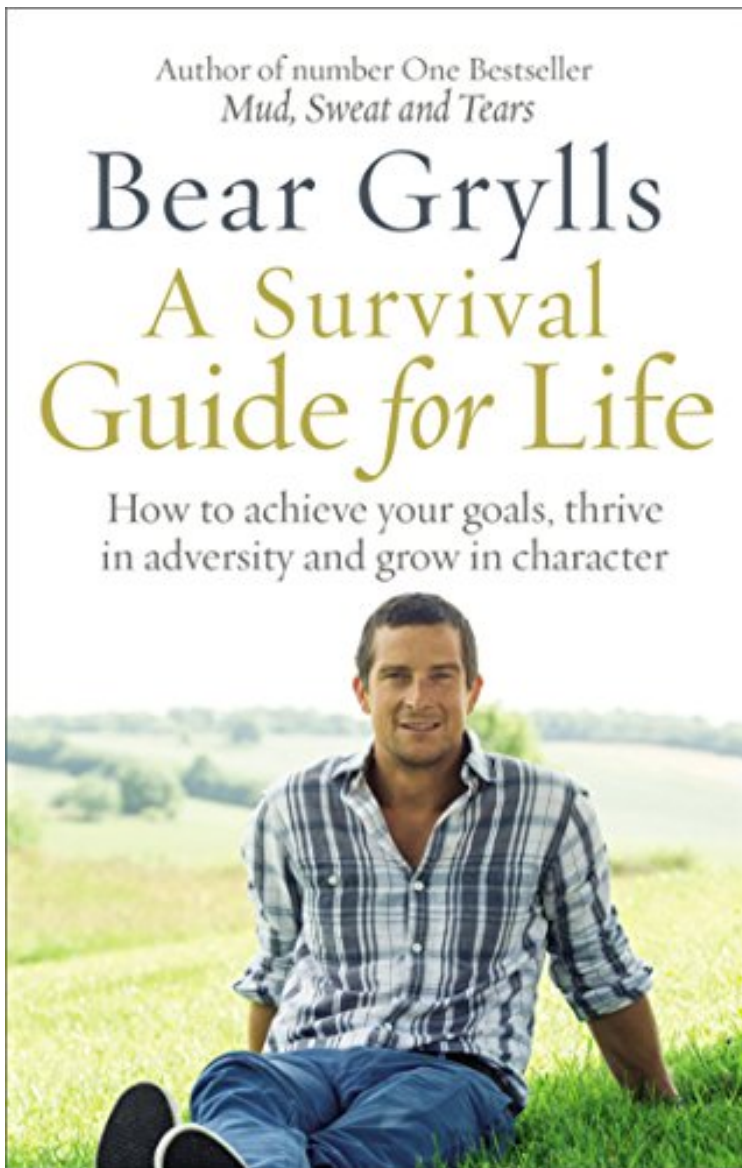


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# A Survival Guide for Life



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## Description :

Prsentation de l'diteurLife in the wild teaches us invaluable lessons. Extreme situations force us to seize opportunities, face up to dangers and rely on our instincts. But living a purpose-driven, impactful life can be an even greater challenge...In A Survival Guide for Life, Bear Grylls shares the hard-earned lessons hes learned from some of the harshest environments on earth.How do you keep going when all the odds are stacked against you?How can you inspire a team to follow you in spite of obvious danger?What are the most important skills to learn if you really want to achieve your maximum potential?Bears instantly inspiring tales from his adventures in all four corners of the globe include his personal life lessons you will never forget. Were all capable of living life more boldly and of having more fun along the way. Heres to your own great

adventure!Prsentation de l'diteurLife in the wild teaches us invaluable lessons. Extreme situations force us to seize opportunities, face up to dangers and rely on our instincts. But living a purpose-driven, impactful life can be an even greater challenge...In A Survival Guide for Life, Bear Grylls shares the hard-earned lessons hes learned from some of the harshest environments on earth.How do you keep going when all the odds are stacked against you?How can you inspire a team to follow you in spite of obvious danger?What are the most important skills to learn if you really want to achieve your maximum potential?Bears instantly inspiring tales from his adventures in all four corners of the globe include his personal life lessons you will never forget. Were all capable of living life more boldly and of having more fun along the way. Heres to your own great adventure!Biographie de l'auteurBear Grylls' prime-time TV adventure series is one of the most watched shows on the planet, reaching an estimated 1.2 billion viewers in over 200 countries. Bear has authored eleven books and, as a former member of the UK Special Forces, was made an honorary Lieutenant Commander in the Royal Navy. He continues to lead record-breaking expeditions to the world's extremes, and these missions have raised millions of dollars for children's charities. In 2009, Bear took over as the youngest ever Chief Scout to the Scouting Association, acting as the figurehead to 28 million Scouts around the globe. He lives with his wife, Shara, and their three sons, Jesse, Marmaduke and Huckleberry, on a Dutch barge in London and on a small remote island off the coast of Wales.