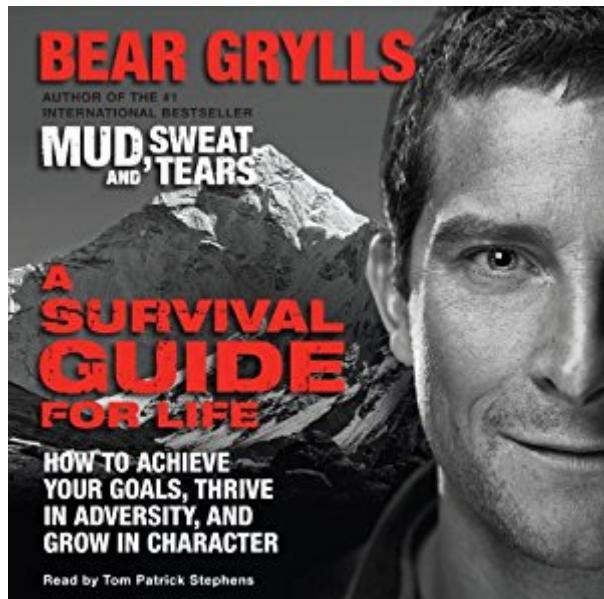


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# A Survival Guide For Life: How To Achieve Your Goals, Thrive In Adversity, And Grow In Character



## **Synopsis**

From the world-famous survival expert, learn how to make every day an unforgettable adventure. Life in the outdoors teaches us invaluable lessons. Encountering the wild forces us to plan and execute goals, face danger, push our "limits," and sharpen our instincts. But our most important adventures don't always happen in nature's extremes. Living a purpose-driven, meaningful life can often be an even greater challenge.... In *A Survival Guide for Life*, Bear Grylls, globally renowned adventurer and television host, shares the hard-earned wisdom he's gained in the harshest environments on earth, from the summit of Mt. Everest to the boot camps of the British Special Forces: What are the most important skills to learn if you really want to achieve your maximum potential? How do you keep going when all the odds are stacked against you? How can you motivate a team to follow you in spite of apparent risks? Filled with exclusive, never-before-told tales from Bear's globe-trekking expeditions, *A Survival Guide for Life* teaches every listener no matter your age or - experience - that we're all capable of living life more boldly, of achieving our most daring dreams, and of having more fun along the way. Here's to your own great adventure!

## **Book Information**

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## **Customer Reviews**

Bear Grylls is, to me, one of those truly inspiring people who through his own experiences has the ability to share great knowledge with us all and help us achieve fullness in our own lives. His writing style in this book is no-nonsense and to the point. Through his time as an SAS soldier and to his Everest expeditions, Bear gives the reader valuable tools that can be applied to all scenarios in life.

Much may seem common sense, though there wasn't a page in this book where I didn't find something to add to my own toolkit and perspective. I will certainly give this a second read and recommend it to everyone.

I didn't know a whole lot about Bear Grylls when I accepted this book for review. I'd never seen one of his television programs. I just saw this cover, had a vague notion of who he is and knew that this was a review book that I couldn't turn down. And how glad I am that I didn't. I'll be honest, there's really nothing new here aside from the personal bits thrown in about Bear's life and experience - which I absolutely loved by the way. He's not reinvented the wheel or come up with any new Earth shattering revelations, but still he manages to remind, motivate and inspire. Most of what he tells us is all common sense...things we've learned and relearned and yet still somehow manage to forget when we get caught up in the rat race that is life. I for one liked the simple reminders and the straightforward honesty I found in A Survival Guide For Life and I'll keep my eye out and tune in to the next Bear Grylls television program I come across. This is the perfect book to be read at the reader's pleasure either in bits and pieces, snippets here and there as one feels the desire and motivation...or all in one sitting as it's light enough to be easily digested and filling enough to be completely satisfying. NOTE: Review copy received in exchange for an honest review

I absolutely love this book, great life advice and guidance, I am ready to buy copies for all the young people I know as I think so often no one talks about this (life values and advice). I also find that this is thought provoking for myself ("an empty nester") who is thinking about creating new dreams for myself. As an employer I find what he says is true, I want the enthusiastic employee! I have the audio book, asked my daughter to listen for 5 minutes, she sat for over 1/2 hour listening, and as I drove her to the airport discussed what she had heard on the audiobook and how it applied to her own life now, her goals and dreams and she is the one who initiated the conversation. That makes the book worth its weight in gold alone. Anyway, I would encourage people to check it out!

this is an inspirational, motivational book written by a man who has been there and done that. As a man who has overcome obstacles and accomplished much Bear Grylls life and exploits lend credence to the words of this book. There are 75 short chapters of a couple of pages describing the short statement that headlines the chapter. The author relates personal stories of hi experiences to further relay his message. Many of the sayings in this book you may have heard before but they are sayings that need to be repeated often as they can be forgotten in the business of modern life. If

you want to achieve your goals or develop goals, become a leader in a crisis and grow in character, there are motivational words for you or someone you care about in this book. This would be an ideal book for a young man or woman to read to develop focus and strength in character as they go through life. Recommended.

I think that more emphasis on helping people navigate life should be made. This book provides many stories and lessons and helps the reader realize what is really important in life and what is not. I really admire Bear and even though I am older I still took the time to read this book. I wish that I would have had a book like this when I was younger and I recommend it to anybody. I have learned many things in my life and I think I learned from this book. Living and learning till you die is really the way life should be lived. I want to thank Bear Grylls for taking the time to write his books, do his shows and provide many people with knowledge, adventure and guidance. I VERY STRONGLY RECOMMEND this book!

I'm profoundly grateful for Bear's chosen lifestyle and his influence on people, especially young people, throughout the world. This book is great. It's very simple and, honestly, doesn't contain much exclusive, never-heard-before content - except for the stories that only Bear could tell, which are worth it in and of themselves - but because it's packaged into power-packed little chapters, the truths tend to hit harder and go deeper. I'm currently in a difficult season of life and have been wondering how to get out of it. This book is extremely encouraging and has motivated me to get out there and make the most of my life and not let a single opportunity slip by without endeavoring to catch it!

This is an easy read and good source of motivation. Nothing earth shattering here, but some good common sense wisdom on success with a little of the adventurer's perspective.

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