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Titles in this Set : True Grit Mud,Sweat and Tears A Survival Guide for Life Description : True Grit Take the American bombardier Louis Zamperini, who survived 47 days stranded at sea by catching and killing hungry sharks and drinking the warm blood of albatrosses - only to be captured by the Japanese and horrifically tortured for years in their most brutal POW campus.Or Marcus Luttrell, a Navy SEAL who single-handedly took on a Taliban regiment before dragging his bleeding, bullet-ridden body for days through the harsh mountains of Afghanistan.Or Nando Parrado, one of the survivors of a horrific air-crash high in the ice-bound Andes, who only lived because he was willing to eat the flesh of his dead companions.In this gripping new book, Bear tells the stories of the adventurers, explorers, soldiers and spies whose refusal to quit in the most extreme situations has inspired him throughout his life. Mud,Sweat and Tears Bear Grylls is a man who has always sought the ultimate in adventure. Growing up on the Isle of Wight, he was taught by his father to sail and climb at an early age. As a teenager he found identity and purpose through both mountaineering and martial arts, which led the young adventurer to the foothills of the mighty Himalaya and a grandmaster's karate training camp in Japan.On returning home, he embarked upon the notoriously gruelling selection course for the British Special Forces to join 21 SAS - a journey that was to push him to the very limits of physical and mental endurance. A Survival Guide for Life Life 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.

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