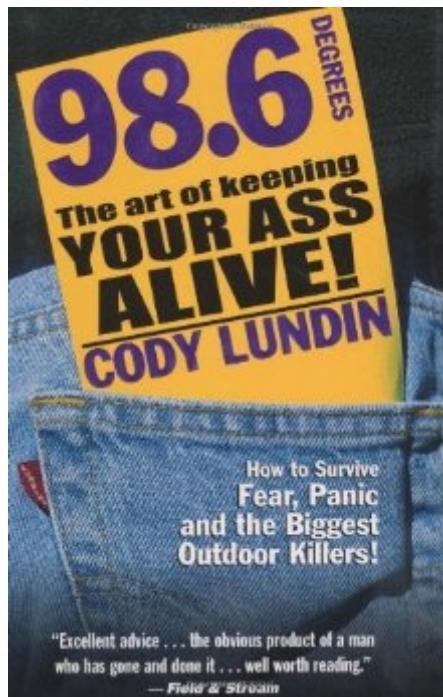


The book was found

98.6 Degrees: The Art Of Keeping Your Ass Alive



Synopsis

Cody Lundin, director of the Aboriginal Living Skills School in Prescott, Arizona, shares his own brand of wilderness wisdom in this highly anticipated new book on commonsense, modern survival skills for the backcountry, the backyard, or the highway. This is the ultimate book on how to stay alive—based on the principle of keeping the body's core temperature 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 for about three days or so. But if the body's core temperature dips much 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 core temperature when lost in a blizzard or in the desert could save your life. Lundin delivers the message with wit, rebellious humor, and plenty of backcountry expertise. Watch naturalist Cody Lundin on "Dual Survival" as he uses many of the same skills and techniques taught in his book: *98.6 Degrees: The Art of Keeping Your Ass Alive*. As seen in the 10-part series "Dual Survival" on The Discovery Channel! Cody Lundin and his Aboriginal Living 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 teaching for his own school, he is an adjunct faculty member at Yavapai College and a faculty member at the Ecosa Institute. Cody is the only person in Arizona licensed to catch fish with his hands, and lives 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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