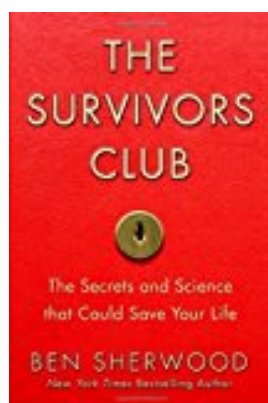


[PDF] The Survivors Club: The Secrets And Science That Could Save Your Life

Ben Sherwood - pdf download free book



Books Details:

Title: The Survivors Club: The Secre

Author: Ben Sherwood

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Description:

From Publishers Weekly Sherwood (*The Man Who Ate the 747*), a writer for the *L.A. Times*, travels worldwide to gain insight from people who have survived a slew of near fatal phenomena ranging from a mountain lion attack to a Holocaust concentration camp, and interviewing an array of experts to understand the psychology, genetics and jumble of other little things that determines whether we live or die. Readers curious about their own survivor profile can take an Internet test,

which is explained in the books later pages. Sherwoods assertion that survival is a way of perceiving the world around you is enlightening, as are some of the facts he uncovers: you have 90 seconds to leave a plane crash before the cabin temperature becomes unbearable; luck has more to do with personal perspective than chance. But Sherwoods balance of self-help, scientific theories and first-rate reporting is diminished by occasionally overwrought prose as well as the countless survivors stories, which can run together in a touchy-feely stream of faith and optimism. *(Jan.)*

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From According to Sherwood, two questions are central to this book. What does it really take to survive a catastrophic event and what kind of survivor are you? You might be surprised at the answers. While there are tactics and strategies to surviving life tragedies, unforeseen accidents, and other catastrophes, many of these are instinctive (some, like exhibiting transitory superhuman strength, are manifested physiologically, without conscious planning). Some of us, Sherwood explains, are better survivors than others—in prisoner-of-war camps, for example, the people most likely to collapse are the eternal optimists who believe rescue is imminent and fail to come to terms with the possibility of long-term imprisonment. The book is a useful, insightful exploration of the nature of survival, the resilience of the human mind and body, and the ways in which we can all use our natural gifts to maximize our chances of coming through catastrophic situations. --David Pitt

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