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## Mind of a Survivor: What the wild has taught me about survival and success (Hardback)

By Megan Hine

Hodder Stoughton General Division, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. \*\*\*Shortlisted for the Great Outdoors Book of the Year\*\*\*Surviving in the wild takes a great deal of strength. Often faced with frozen tundra, sweltering deserts, humid jungles, perilous mountains and fast-flowing rivers, Megan Hine is no stranger to perilous conditions. Whilst leading expeditions and bushcraft survival courses and in her work on television shows such as Bear Grylls Mission Survive and Running Wild, she has explored the corners of the globe in pursuit of adventure.Faced with the toughest of conditions: bad weather; lack of food and being in the presence of predators, is the ultimate test of character and often the biggest challenge to overcome is in the head. In these situations, the human brain is simultaneously the greatest asset and biggest liability. Not everyone is suited to the great outdoors and when danger calls many aren't as well-equipped to survive, no amount of top of the range kit will save you if you don't have the right frame of mind. Here Megan Hine examines the human ability and instinct for survival, showing us how others have developed the attitudes and...



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