



Epic Survival: Extreme Adventure, Stone Age Wisdom, and Lessons in Living From a Modern Hunter-Gatherer

Matt Graham, Josh Young

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Matt Graham, star of the Discovery Channel's *Dual Survival* and *Dude, You're Screwed*, details the physical, mental, and emotional joys and harrowing struggles of his life as a modern-day hunter-gatherer.

Early on in his life, Matt craved a return to nature. When he became an adult, he set aside his comfortable urban life and lived entirely off the land to learn from the smallest and grandest of all things. In this riveting narrative that brings together epic adventure and spiritual quest, he shows us what extraordinary things the human body is capable of when pushed to its limits.

In *Epic Survival*, written with Josh Young, coauthor of five *New York Times* bestsellers, Matt relays captivating stories from his life to show just how terrifying and gratifying living off the grid can be. He learns the secrets of the Tarahumara Indians that helped him run the 1,600-mile Pacific Crest Trail in just fifty-eight days and endure temperature swings of 100 degrees. He takes us with him as he treks into the wilderness to live alone for half a year, armed with nothing but a loincloth, a pair of sandals, a stone knife, and chia seeds. He recounts near-death experiences of hiking alone through the snowdrifts at the bottom of the Grand Canyon, and tells us about the time he entered a three-day Arabian horse race on foot and finished third.

Above all, *Epic Survival* is a book about growing closer to the land that nurtures us. No matter how far our modern society takes us from the wilderness, the call remains. Whether you're an armchair survivalist or have taken the plunge yourself, Matt's story is both inspiration and invigoration, teaching even the most urbane among us important and breathtaking lessons.

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Often the book Epic Survival: Extreme Adventure, Stone Age Wisdom, and Lessons in Living From a Modern Hunter-Gatherer has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was published by the very famous author. This articles author makes some research before write this book. This particular book very easy to read you can get the point easily after reading this article book.

Anne Hahn:

Epic Survival: Extreme Adventure, Stone Age Wisdom, and Lessons in Living From a Modern Hunter-Gatherer can be one of your beginner books that are good idea. We recommend that straight away because this e-book has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to place every word into satisfaction arrangement in writing Epic Survival: Extreme Adventure, Stone Age Wisdom, and Lessons in Living From a Modern Hunter-Gatherer although doesn't forget the main level, giving the reader the hottest in addition to based confirm resource data that maybe you can be certainly one of it. This great information may drawn you into completely new stage of crucial imagining.

Ramon Lopez:

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