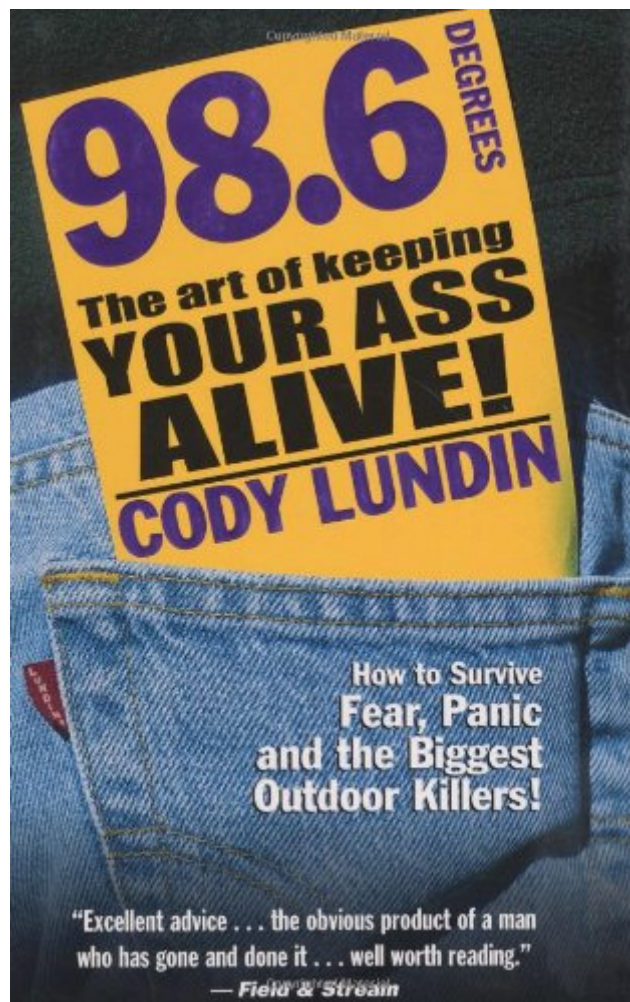


98.6 Degrees: The Art of Keeping Your Ass Alive PDF



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98.6 Degrees: The Art of Keeping Your Ass Alive by Cody Lundin ISBN 1586852345

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.

98.6 Degrees: The Art of Keeping Your Ass Alive Review

This 98.6 Degrees: The Art of Keeping Your Ass Alive book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of 98.6 Degrees: The Art of Keeping Your Ass Alive without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry 98.6 Degrees: The Art of Keeping Your Ass Alive can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This 98.6 Degrees: The Art of Keeping Your Ass Alive having great arrangement in word and layout, so you will not really feel uninterested in reading.