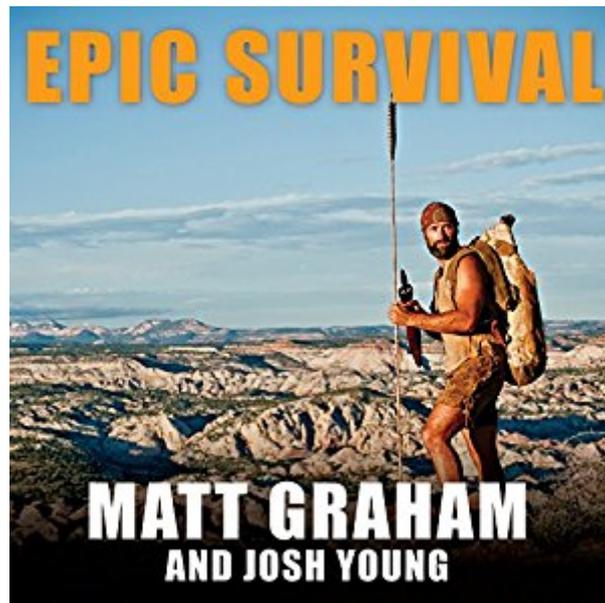


The book was found

Epic Survival: Extreme Adventure, Stone Age Wisdom, And Lessons In Living From A Modern Hunter-Gatherer



Synopsis

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. 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. He learns the secrets of the Tarahumara Indians, which help him run the 1,600-mile Pacific Crest Trail in just 58 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. 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.

Book Information

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Customer Reviews

I love this dude, and i'm not afraid to say that...ever since I saw Matt on Discovery i've been a fan.He has a cool perspective and way with words...I love his practices. The book itself has plenty of that, and is a great read. Anyone that enjoys Matt's personality and philosophies from the shows will love this book. I don't wanna give anything away about the book except that it is a solid read and I recommend it.

This is a great biography of Matt Graham. I normally dislike biographies because they are boring,

but not this one. I got it thinking it was a how to book for stuff like primitive fire and flint knapping but this was a nice surprise. Matt is an interesting person with a unique view of the world. I am somewhat envious of his willingness to do what he does.

Absolutely wonderful book about the life and times, to date, of modern primitive Matt Graham. It appears to be co-authored, and this can read a little funny sometimes. It's in the first person, but I had the sense while reading that it was dictated or written biographically. Matt is probably not a wordsmith; his use of words can seem a little primitive (hah!) but his accomplishments and his discoveries about the capacity of the human body to endure a dramatically different lifestyle than modern urban living is fascinating! And well worth the read. I am deeply inspired. I only wish there were more instructions and technical details on how he managed his adventures and lifestyle choices. Maybe he'll write another? If he sees this review, I'm begging for that second book! And more instructional pictures please.

Very good reading and informative! Wish dual survivor and dude your crewed with Matt was still on. Matt and his skills and the shows taught me so much. I hope he writes another book!

Thought-provoking and enjoyable to read. While some of his stories were somewhat miraculous in nature and required a suspension of disbelief, his obvious devotion to learning how to live with the land (not "off" the land) earned my respect and definitely made me think.

An extraordinary kind of guy that has done some amazing things with amazing skills. Very dedicated to his skills and his path in life. A book worth reading for anyone that enjoys primitive skills, bushcraft or just enjoys the outdoors.

First off I'm a big fan of Matt's. He goes at it in a different way than what you usually see on TV from other "Survivalists." This book is a must read if you are into this lifestyle. Very well done. Much love and much respect to Matt Graham. Thank you for doing it the right way!

Very good read and not your typical bush-craft or wilderness survival book. I enjoyed the way Matt highlights making a personal connection to, and learning to work with, nature both day-to-day as well as in survival situations, instead of focusing purely on the survival aspect.

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