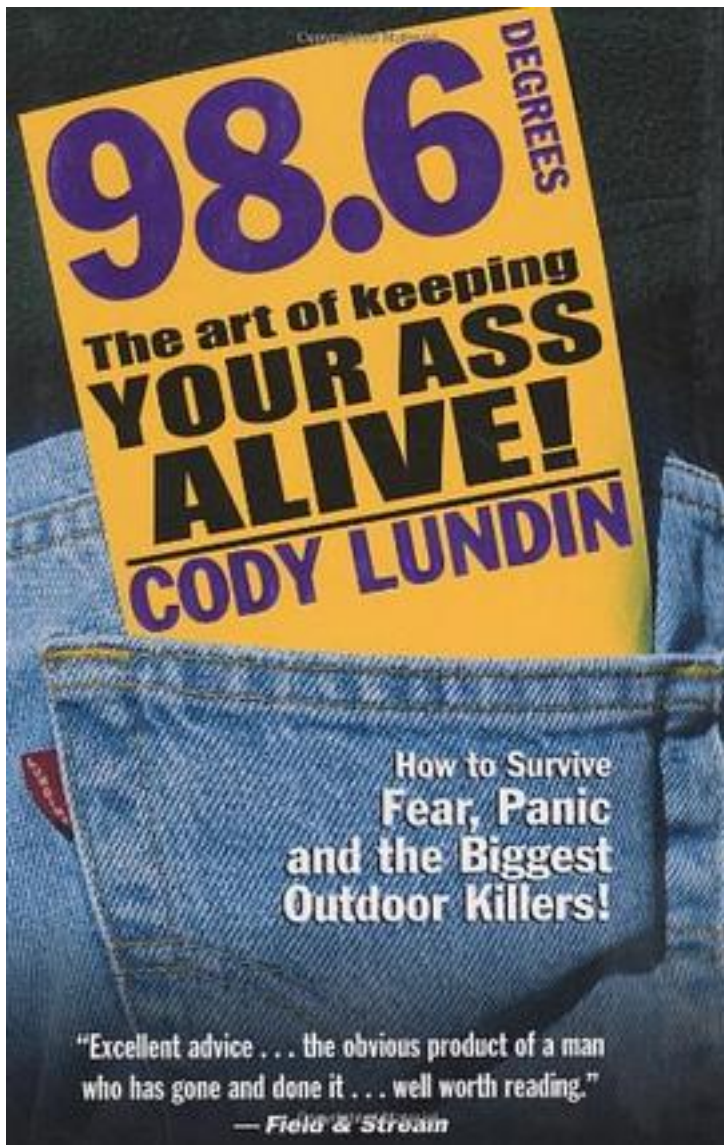


98.6 Degrees



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著者:Cody Lundin

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装帧:Paperback

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\$14.95 gatefold paper * 1-58685-234-5 * May 6 x 9 in, 192 pp, 70 Line Drawings, 16 Color Photo Pages Rights: W, Survival/Nature "If you breathe and have a pulse, you NEED this book." -Cody Lundin 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. It is the ultimate book on how to stay alive-based on the principal 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. 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.

作者介绍:

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标签

野外求生

生理

评论

核心内容：当你爬山，远足等运动突发危险事件，如何挨过直到救援的前3-5天。核心的一点是保证体温恒定是98.6°F，即37°C。这个方法一共有11个，分别是积极心态，食物，水，保温衣物，shelter，fire，navigation，weather，sigaling for

rescue，急救箱，sleep。综合来看，本书不好，废话态度，框架还行，小结构不好，干货就是一句话：随时保证体温正常。

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书评

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