

How to Avoid Being Killed in a War Zone



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This book combines practical advice with contributions from journalists and commentators who share their experiences and advice on surviving in difficult and dangerous situations. Topics include how to avoid being misunderstood; how to avoid bombs and booby traps; how to escape from a riot; how to deal with frostbite and heat exhaustion; how to avoid trouble in sex, love and war; and how to cope with traumatic experiences. Medical information has been vetted by Medecins Sans Frontieres (MSF), which also receives a share of the royalties.

作者介绍:

目录:

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标签

纪实

生存手册

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评论

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书评

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