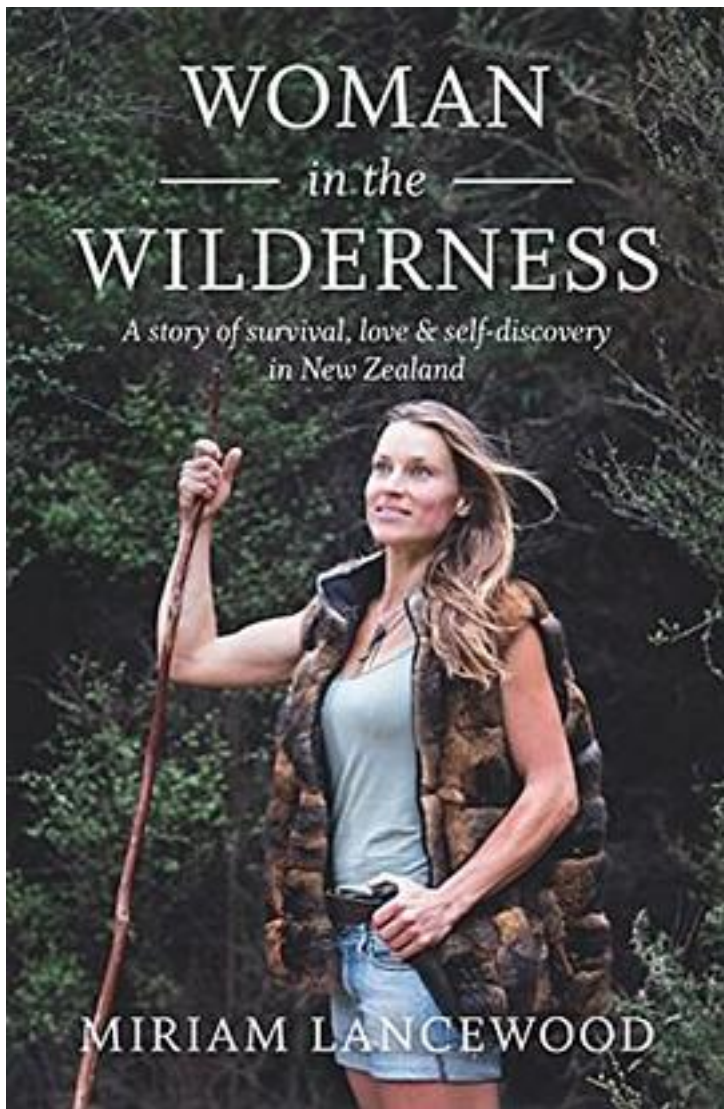


# Woman in the Wilderness



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著者:Miriam Lancewood

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An inspirational story of adventure and bravery, of a young woman living a primitive, nomadic life in the wilds of the South Island.

It tells how one woman learned to dig deep and push the boundaries in order to discover what really matters in life.

Miriam is a young Dutch woman living in the heart of the mountains with her New Zealand husband. She lives simply in a tent or hut, and survives by hunting wild animals and foraging edible plants, relying on only minimal supplies. For the last six years she has lived this way, through all seasons, often cold, hungry and isolated in the bush. She loves her life and feels free, connected to the land, and happy.

There's a lot of drama out there in the wild, and Miriam knows how to spin a good yarn. This is a gripping and engaging read reminiscent of both adventure writing like *Wild* and nature writing like *H is for Hawk*, and is perfect for anyone exploring the idea of living a more authentic, real life.

'My life is free, random and spontaneous. This in itself creates enormous energy and clarity in body and mind.' Miriam Lancewood

作者介绍:

Miriam Lancewood was born in 1983 and grew up in the Netherlands. She was a competitive pole-vaulter and studied Physical Education before travelling in Africa and India. There she met her New Zealand husband, and together they travelled for many years through Asia and Papua New Guinea before arriving in New Zealand. They have been living in the most primitive manner - in the remotest parts of the country: the wilderness of the Southern Alps.

目录:

[Woman in the Wilderness\\_ 下载链接1](#)

标签

野外

自然

自由

新西兰

理想主义

旅行

女性

生存手册

## 评论

Fear is the wall between security and freedom.

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自然是最好的解药

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作者83年，7年前跟他老公开始去野外的时候，只有27岁。而他老公已经50多了！天

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《荒野生存》的温暖版。回归自然不是悲凉和绝望的事情，给我们带来的也可以是爱和喜悦！

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## 书评

一对夫妇能在野外生活七年！  
想想都觉得不可思议，不过，能在新西兰这么美丽的野外生活，即便没有互联网和数码产品，没有四通八达的地铁公交高速公路，估计我也可以吧。如果再跟自己的爱人一起，无异于神雕侠侣啊，一定会相看两不厌。很早看顾城的《英儿》，就对新西兰的神...

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