

The SAS Urban Survival Handbook



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著者: Wiseman, John 'Lofty'

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How to protect yourself from accidents, muggings, burglary and attack John 'Lofty' Wiseman is the author of THE SAS SURVIVAL HANDBOOK, the bestselling guide to survival in the wild. Now he has compiled the even more necessary manual on survival in the urban jungle. With the clarity, common sense and directness you would expect from the SAS's former Chief Survival Instructor, Lofty Wiseman shares the skills he has perfected over a 26-year career. Taking you through the essentials for combatting the problems and stresses of urban life for you and your family, THE SAS URBAN SURVIVAL HANDBOOK shows how to make and keep your home and avoid domestic accident or injury. It shows the dangers of DIY tools, chemicals and poisonous plants in your home and garden, and gives help and strategies for home security and fire prevention. With

further sections on avoiding accident and injury at work and in sports, dealing with travel dangers, self-defence from all kinds of attack from telephone nuisance to rape and mugging, plus first aid and how to save a life, this is the one book no home can afford to be without.

作者介绍:

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