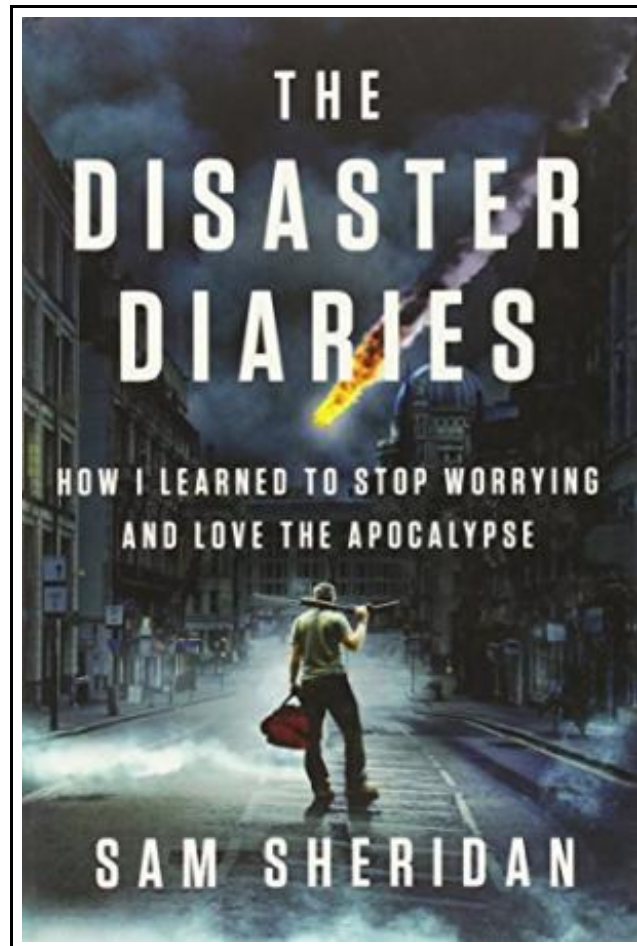


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Reviews

It is really an remarkable book which i have ever go through. It can be writer in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.

(Dr. Lily Wunsch II)

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Penguin Press HC, The, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Though it's a work of nonfiction, *The Disaster Diaries* explores every catastrophic disaster, from floods and earthquakes to sci-fi scenarios like zombie infections and escaping giant alien monsters, and asks experts around the world exactly what preparations are needed. Sheridan uncovers survival skills (first aid, hunting in the wilderness, firing a gun) as well as some craftier tricks (hot-wiring a car, constructing an igloo). But *The Disaster Diaries* isn't instructional. The apocalypse schemes serve as a lens that allows Sheridan to explore the limits of the human body and psyche and how physical and mental strength are inexplicably linked. at least when the apocalypse does arrive, I can take comfort that Sam Sheridan will survive, to continue the existence of the human race and smartly researched nonfiction books." Grantland " Sheridan is a charming storyteller, and his prose is both thoughtful and playful. An upbeat and entertaining survival guide for the end of the world ." Kirkus (starred review) "Although this would make a great title for a postapocalyptic novel, Sheridan's book is actually a nonfiction guide to preparing yourself for natural disasters and other catastrophes. The author, a Harvard grad who's been an EMT, a merchant marine, and a boxer among many other adventurous endeavorstakes us step by step through the process, beginning with the fundamentals: getting physically fit and learning how to handle stress. From there we move, in logical sequence, to more intricate tasks: preparing an emergency disaster kit, learning to protect ourselves in the event of violent encounters (hand-to-hand combat training; learning how to fire a gun), acquiring basic medical skills, planning a strategy to get out of the disaster area, and so on. But this is no...

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