



Extreme Food: What to Eat When Your Life Depends on It

Bear Grylls

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In the tradition of the million-copy-bestseller *SAS Survival Guide*, former SAS paratrooper Bear Grylls—the world’s most famous survival expert—teaches the necessary skills for eating in the wild.

“There’s no getting away from it; I’ve eaten some pretty extreme things in my time—live tarantulas, raw goat testicles, elephant dung, you name it. In a situation when your life depends on it, you need to put your prejudices aside to keep your stomach filled and your strength up.

Whether it’s mastering the art of foraging and cooking up a tasty feast around the campfire or learning about the more extreme end of wild food (ever tried a scorpion kebab?), there’s a lot to learn when it comes to dinner time in the wild. *Extreme Food* will teach you all the necessary skills and techniques to get your teeth into meals you might never have thought of as food in the first place—and, crucially, how to recognize plants and animals that might end up doing you more harm than good.

In today’s world, we rarely need to venture beyond the local supermarket and we turn our noses up at the thought of snacking on bugs and grubs. But out in the wild, Mother Nature has provided us with a plentiful supply of nutritious—if not always delicious—food for the taking. And when needs must, we just have to know where to look.

Some of it might take you out of your comfort zone. Some of it might turn your stomach. But it’s saved my life more than once. And one day, it might save yours . . .”—BEAR GRYLLES

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Fabiola Stewart:

As people who live in the particular modest era should be change about what going on or details even knowledge to make them keep up with the era which can be always change and progress. Some of you maybe can update themselves by examining books. It is a good choice to suit your needs but the problems coming to anyone is you don't know what kind you should start with. This Extreme Food: What to Eat When Your Life Depends on It is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

Douglas Stevens:

Now a day folks who Living in the era exactly where everything reachable by connect to the internet and the resources in it can be true or not call for people to be aware of each information they get. How a lot more to be smart in getting any information nowadays? Of course the correct answer is reading a book. Reading through a book can help individuals out of this uncertainty Information especially this Extreme Food: What to Eat When Your Life Depends on It book because this book offers you rich facts and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it you know.

Alex Estapp:

A lot of people always spent their free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you. If you enjoy the book which you read you can spent all day long to reading a guide. The book Extreme Food: What to Eat When Your Life Depends on It it doesn't matter what good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore easily to read this book through your smart phone. The price is not to cover but this book possesses high quality.

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