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A physician, NASA consultant, and expert on the extreme conditions that confront the human body journeys into six inhospitable environments to examine the reaction of the body to heat, cold, pressure, starvation, and exhaustion and its own innate survival strategies.

Physiological constraints confine our bodies to less than one-fifth of the earth's surface. Beyond that fraction lie the extremes. What happens when we go to them? Dr. Kenneth Kamler has spent years observing exactly what happens. A vice president of the legendary Explorers Club, he has climbed, dived, sledded, floated, and trekked through some of the most treacherous and remote regions in the world. A consultant for NASA, Yale University, and the National Geographic Society, he has explored undersea caves, crossed the frozen Antarctic wastelands, and stitched a boy's hand back together while kneeling in knee-deep Amazonian mud. He was the only doctor on Everest during the tragic expedition documented in Jon Krakauer's Into Thin Air and helped treat its survivors. Kamler has devoted his life to investigating how our bodies respond to "environmental insults"-a nice way of saying the things that can kill us-and watched while some succumbed to them and others, sometimes miraculously, overcome them. Words like "extreme" and "survival" have lost some of their value from overuse and media hype. By showing us what happens when life itself is at stake, and the body's capacities put to their greatest test, this book reminds us what they truly mean. Divided into six sections-jungle, open sea, desert, underwater, high altitude, and outer space-Surviving the Extremes uses first-hand testimony and documented accounts to illustrate what happens in environments where our instinctive survival strategies must become fully engaged. These stories reveal how infinitely complex are the workings of the human body-and also how heartbreakingly fragile. At the heart of this book is a quest for the source of our will to survive and the haunting question of why some can, and others cannot, summon its awesome and nearly mystical power at their moment of greatest need. Surgeon, explorer, and masterful storyteller, Kamler takes us to the farthest reaches of the earth as well as into the uncharted territory within the human brain. Surviving the Extremes is a scientific nail-biter no reader will forget.

From the oxygen-deprived heights of Everest to the high-pressure ocean depths, the limits of human endurance are probed in this fascinating look at the borderlands of physical potential.

This is a book for dedicated academics who consider spending years masochistically overworked and underappreciated as a laudable goal. They lead the lives of the impoverished, grade the exams of the impoverished, and spend lonely nights in the library or laboratory pursuing a transcendent truth that only six or seven people will ever care about. These suffering, unshaven sad sacks are grad students, and their salvation has arrived in this witty look at the low points of grad school. Inside, you'll find: • advice on maintaining a veneer of productivity in front of your advisor • tips for sleeping upright during boring seminars • a description of how to find which departmental events have the best unguarded free food • how you can convincingly fudge data and feign progress This hilarious guide to surviving and thriving as the lowliest of life-forms—the grad student—will elaborate on all of these issues and more.

An illustrated, comprehensive guide to surviving an attack by hordes of the predatory undead explains zombie physiology and behavior, the most effective weaponry and defense strategies, how to outfit one's home for a long siege, and how to survive in any territory or terrain. Original. 35,000 first printing.

Danger! It lurks at every corner. Volcanoes. Sharks. Cyberbullies. Sinkholes. From wresting an alligator to evading drones to landing a plane if the pilot passes out, The Worst-Case Scenario Survival Handbook is here to help with expert, illustrated, step-by-step instructions for life's sudden turns for the worst. Needed now more than ever, this revised and expanded edition—published on the international bestseller's 20th anniversary—delivers frightening and funny real advice readers need to know fast. With crucial information added from across the Worst-Case series and 20 all-new scenarios for twenty-first century threats (extreme weather, "fake news," dropping a cell phone in the toilet), this action-packed hardcover handbook brings emergency instruction for anxious times.

The guide offers clearly defined learning objectives, summaries of key concepts, references to Life and to the student Web/CD-ROM, and review and exam-style self-test questions with answers and explanations.

This Intergovernmental Panel on Climate Change Special Report (IPCC-SREX) explores the challenge of understanding and managing the risks of climate extremes to advance climate change adaptation. Extreme weather and climate events, interacting with exposed and vulnerable human and natural systems, can lead to disasters. Changes in the frequency and severity of the physical events affect disaster risk, but so do the spatially diverse and temporally dynamic patterns of exposure and vulnerability. Some types of extreme weather and climate events have increased in frequency or magnitude, but populations and assets at risk have also increased, with consequences for disaster risk. Opportunities for managing risks of weather- and climate-related disasters exist or can be developed at any scale, local to international. Prepared following strict IPCC procedures, SREX is an invaluable assessment for anyone interested in climate extremes, environmental disasters and adaptation to climate change, including policymakers, the private sector and academic researchers.

'Anyone who reads this will be delighted by the great common sense of Hudson's observations and insights. A splendid book...chock-full of goodness and I can't think of anyone I know who wouldn't benefit from reading it. Marcus Berkmann, Daily Mail 'A brilliant, brilliant book.' Chris Evans What is the connection between crawling through a jungle and your 'to do' list? What can ejecting out of a stealth bomber teach you about the importance of thinking the worst? What can surviving in extreme situations teach us about surviving everyday life? John Hudson, Chief Survival Instructor to the British Military, knows what it takes to survive. Combining first-hand experience with 20 years of studying the choices people have made under the most extreme pressure, How to Survive is a lifetime's worth of wisdom about how to apply the principles of survival to everyday life. The cornerstone of military survival (surviving anything) is understanding the relationship between effort, hope and goals – a mindset that can be transposed anytime, anywhere. In How to Survive you will learn how this template for survival can be applied to any situation in your everyday life. Through gripping first-hand accounts of near disaster and survival stories from across the extreme world you will learn that by following these principles you can develop the mindset that will allow you to make better decisions under pressure, which are as equally applicable to first dates and presentations as to climbing Everest and getting lost at sea. 'When it comes to survival and getting out of trouble, listen to this man. John is the real deal.' - Levison Wood

Offers instructions for building shelter, finding food, emergency aid, and navigating various climates and terrains.

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