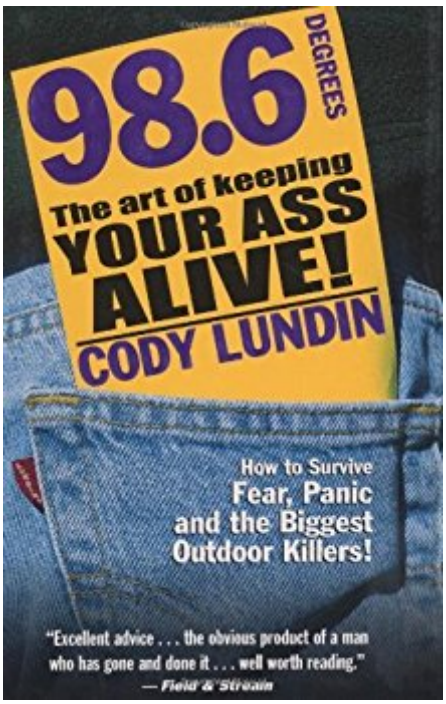
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98.6 Degrees: The Art Of Keeping Your Ass Alive



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Synopsis

Cody Lundin, director of theAboriginal Living Skills School in Prescott, Arizona, shares hisown brand of wilderness wisdom in this highly anticipated newbook on commonsense, modern survival skills for the backcountry,the backyard, or the highway. This is the ultimate book on how tostay alive-based on the principal of keeping the body’s coretemperature at a lively 98.6 degrees.In his entertaining and informative style, Cody stresses thata human can live without food for weeks and without water forabout three days or so. But if the body’s core temperature dipsmuch below or above the 98.6 degree mark, a person can literallydie within hours. It is a concept that many don’t take seriouslyor even consider, but knowing what to do to maintain a safe coretemperature when lost in a blizzard or in the desert could saveyour life. Lundin delivers the message with wit, rebellioushumor, and plenty of backcountry expertise.Watch naturalist Cody Lundin on "DualSurvival" as he uses many of the same skills and techniquestaught in his book: 98.6 Degrees: The Art of Keeping Your AssAlive.As seen in the10-part series"Dual Survival"onThe Discovery Channel!Cody Lundin and his AboriginalLiving Skills School have been featured in dozens of national andinternational media sources, including Dateline NBC, CBS News,USA Today, The Donny and Marie Show, and CBC Radio One in Canada,as well as on the cover of Backpacker magazine. When not teachingfor his own school, he is an adjunct faculty member at YavapaiCollege and a faculty member at the Ecosa Institute. Cody is theonly person in Arizona licensed to catch fish with his hands, andlives in a passive solar earth home sixty miles from Prescott,Arizona. (20030814)

Book Information

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Customer Reviews

I really like the fact that I could get this book for $7.39 on Kindle for PC. Many people "blow this guy off", because he does not fit the "stereotypical survival instructor". In my opinion, the book does a great job of explaining the importance of the proper priorities when in any wilderness situation, survival or not. I would say you need to read his book before you criticize his style. He’s the real deal.

As usual, Cody brings a no-nonsense approach to another one of his excellent survival books. This one is really, really good. I actually used a bit of it as a guideline when hiking and camping this past January in the forest during an exceptionally cold weather spell. If you’ve bought other survival books and feel like you know a bit, this is one to get to add to your collection and knowledge base. Cody is bit eccentric with his appearance at times in real life, but the guy knows how to survive and shares that information in his own layman terminology in this book. The guy knows his stuff!

Very technical. A lot to process. It is left up to you to decide. The book imparts a lot of wisdom and common sense. If you follow Mr. Lundin’s advice, you could just save yours or someoneyou love’s life.

I’ve read this book cover-to-cover twice and I love it. Most other survival guides are old Army or Air Force guides, and they are overly complicated. I have a Ranger Handbook on me right now, but if I needed to get the best information regarding survival, I’d crack Lundin’s book. HIs practicality, humor, and depth of information are unmatched. This guy is the head of the National Search and Rescue Organization. There’s no one else you’d rather be stranded with or have looking for you than Cody Lundin. I actually keep his book in my survival kit in my rucksack. I took it with me on deployment and actually applied some of his methods.

I recently rated Cody's other book "When All Hell Breaks Loose" I bought on .uk with 3 stars, because despite the wealth of info it contains, it is tiring to read, due to "too much fat". 98.6 Degrees is more "lean muscle" so I'm giving it 4 stars.

If you believe the TV drama crap in the show "Man vs. Wild" where Grylls is scaling cliffs and jumping into freezing rivers, this book isn't for you because Cody Lundin actually wants you to live. The book 98.6 Degrees tells you statistically that most people who die in the wilderness die from hypothermia and hyperthermia -- not from avalanches, bear attacks, etc. But most people don't want to hear this maybe because it isn't exciting enough.I think of this book as the foundation from which all survivalism studies should start. The book really goes into great detail into the "whys" of exposure and other conditions one commonly faces in the wild. You need this information so that you can adapt and think on your own for the unique situation you may face. Cody challenges traditional survivalism manuals and has the personal experience to back up what he writes. One reviewer labeled this book as a kum-bay-ya book, but the book is exactly the opposite. The book speaks with life saving frankness and flat out tells you that you will be worm food if you make certain wrong decisions.The book has some great color photos and diagrams as well and has perhaps the best and most thorough advice on assembling a survival kit I've seen (the book explains why store bought kits are seriously lacking). The only reason I didn't give it five stars is that I felt the book, at times, spends a little too much time on trivia knowledge (e.g., history of the match) at the expense of more knowledge on shelter building strategies, how to build a fire, etc. I want more info on how to put the survival kit to use. I suppose that might be in a sequel to this wonderful book. Despite minor shortcomings, this book has completely changed how I look at preparing for and handling survival situations. Highly recommended!

Cody's book focuses primarily on two key areas in a survival situation - your body's core temperature and your mindset. Most of us know about the need for shelter, clothing and fire but I know from experience that I've given precious little thought to the mental issues that would go with such a situation. I highly recommend his book.

One of the best survival books I have read. Written in a light hearted style but extremely useful information. Very up to date with regard to the options you have in choosing your survival equipment. If you only have time to read one book before your wilderness adventure this would be it.

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