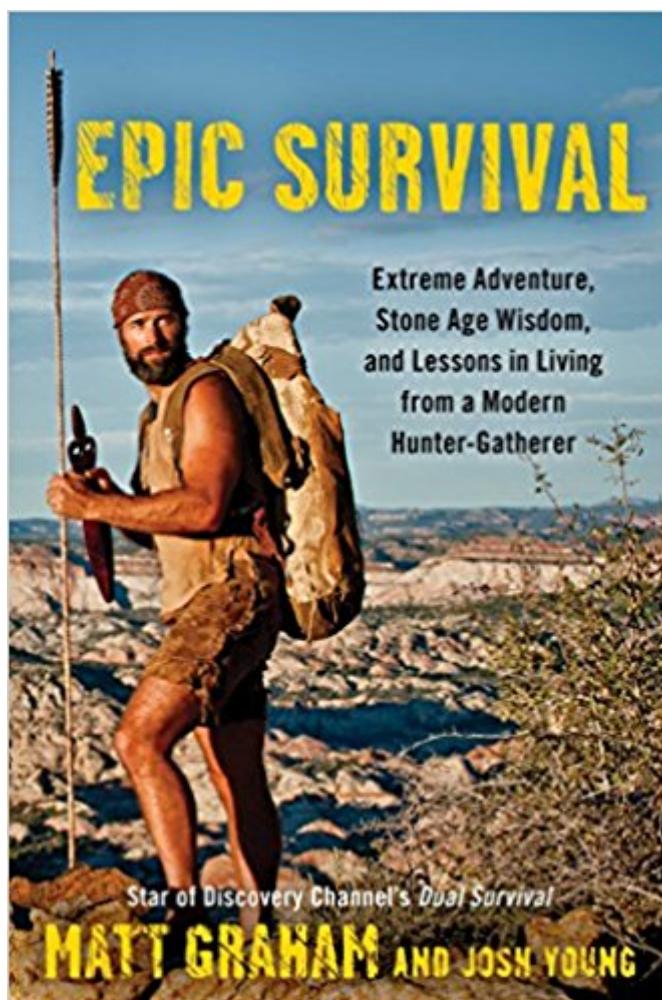


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# Epic Survival: Extreme Adventure, Stone Age Wisdom, And Lessons In Living From A Modern Hunter-Gatherer



## Synopsis

Matt Graham, star of the Discovery Channel's *Dual Survival* and *Dude, You're Screwed*, details the physical, mental, and emotional joys and harrowing struggles of his life as a modern-day hunter-gatherer. Early on in his life, Matt craved a return to nature. When he became an adult, he set aside his comfortable urban life and lived entirely off the land to learn from the smallest and grandest of all things. In this riveting narrative that brings together epic adventure and spiritual quest, he shows us what extraordinary things the human body is capable of when pushed to its limits. In *Epic Survival*, written with Josh Young, coauthor of five New York Times bestsellers, Matt relays captivating stories from his life to show just how terrifying and gratifying living off the grid can be. He learns the secrets of the Tarahumara Indians that helped him run the 1,600-mile Pacific Crest Trail in just fifty-eight days and endure temperature swings of 100 degrees. He takes us with him as he treks into the wilderness to live alone for half a year, armed with nothing but a loincloth, a pair of sandals, a stone knife, and chia seeds. He recounts near-death experiences of hiking alone through the snowdrifts at the bottom of the Grand Canyon, and tells us about the time he entered a three-day Arabian horse race on foot and finished third. Above all, *Epic Survival* is a book about growing closer to the land that nurtures us. No matter how far our modern society takes us from the wilderness, the call remains. Whether you're an armchair survivalist or have taken the plunge yourself, Matt's story is both inspiration and invigoration, teaching even the most urbane among us important and breathtaking lessons.

## Book Information

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## Customer Reviews

Matt Graham is one of the world's premier survival adventurers and primitive living skills teachers. He stars in Discovery Channel's Dual Survival, is featured on Discovery's Dude, You're Screwed, and has served as a consultant for Survivorman and The Amazing Race. Josh Young is the coauthor of five New York Times bestsellers, including Howie Mandel's Here's the Deal: Do not Touch Me, Dr. Sam Parnia's Erasing Death, Bob Newhart's memoir I Shouldn't Even Be Doing This, and Jim Belushi's Real Men Don't Apologize.

Great book just bought his knife. I love both. I can see how people say that he is talking a lot about himself, BUT how else is he going to relay the history to you?? I mean yes he is confident, but that's not a bad thing people. The idea is to learn from him. I wouldn't take a million dollars for my copy, it's invaluable. I am going to get more for presents. Highly recommend. and more power to you Matt you're not a couch potato like most people trash talking on here.

Absolutely wonderful book about the life and times, to date, of modern primitive Matt Graham. It appears to be co-authored, and this can read a little funny sometimes. It's in the first person, but I had the sense while reading that it was dictated or written biographically. Matt is probably not a wordsmith; his use of words can seem a little primitive (hah!) but his accomplishments and his discoveries about the capacity of the human body to endure a dramatically different lifestyle than modern urban living is fascinating! And well worth the read. I am deeply inspired. I only wish there were more instructions and technical details on how he managed his adventures and lifestyle choices. Maybe he'll write another? If he sees this review, I'm begging for that second book! And more instructional pictures please.

Very different from the other survival books I have read. Matt has a unique, natural approach to life in general, as well as to the subject of survival. I enjoyed the book and learned a lot.

This is a great biography of Matt Graham. I normally dislike biographies because they are boring, but not this one. I got it thinking it was a how-to book for stuff like primitive fire and flint knapping but this was a nice surprise. Matt is an interesting person with a unique view of the world. I am somewhat envious of his willingness to do what he does.

First off I'm a big fan of Matt's. He goes at it in a different way than what you usually see on TV from other "Survivalists." This book is a must read if you are into this lifestyle. Very well done. Much love

and much respect to Matt Graham. Thank you for doing it the right way!

Just ok. Not sure what to think. Before I read this I thought I wanted to walk his path, but knowing that if I had then I wouldn't have my kids. A connection with the earth is important, a connection with my little tribe even more so.

What an amazing book. Matt Graham is a true inspiration to me. He has made me truly open my eyes to a natural world that I want, and will get to know. So that I may too teach those that I love, and care about the same way. Thank you Matt Graham wherever you may be in this beautiful natural world we live in. Thank you.

I loved reading about Matt's perspective. I feel like this book gave me more insight into why he chooses this lifestyle. I sensed he had a deep spiritual core and this book touches on his spiritual center. It is light on the "how to" part of the hunter-gatherer life-style but still a perspective that must be considered.

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