



Dummies' Guide to Survival: Tactics, Mindset and Tips

Alex Pitt

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Dummies' Guide to Survival: Tactics, Mindset and Tips is a comprehensive short book that provides the essential information you need for protecting yourself and staying physically and mentally healthy when faced with challenging situations outdoors when hiking or camping. The handy manual features simple guides for creating shelter, using signals, finding sustenance, navigating the woods, hunting and a whole lot more. The instructions on this book are easy to understand, making it ideal for inexperienced outdoor explorers. Discover how to:

- Develop the right mindset
- Build a fire
- Create signals
- Seek water
- Hunting for food
- Navigating in the wild

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