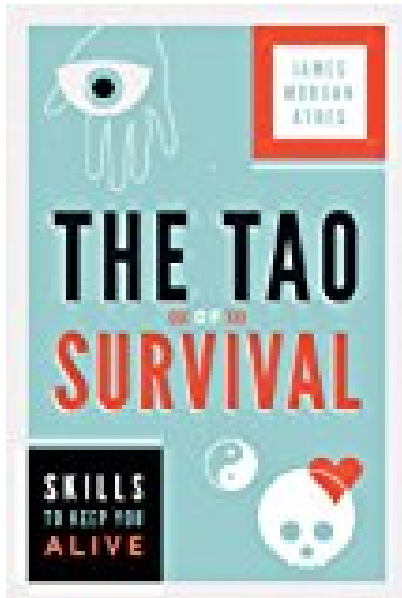


# Tao of Survival Skills to Keep You Alive

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## BOOK DETAILS

- Author : James Ayres
- Pages : 160 Pages
- Publisher : Gibbs Smith
- Language : English
- ISBN : 1423632311

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## **BOOK SYNOPSIS**

The Tao of Survival focuses on real-world, core survival skills that can save your life anytime and anyplace, in any emergency situation. It delves into fundamental concepts that most survival books don't cover, including how to deal with fear, developing mind/body skills, and fully engaging your senses to be aware of your surroundings. James Morgan Ayres has worked as a consultant for various U.S. government agencies and private corporations, founded four companies, and lived and worked all over the world. He's written seven books, taught seminars on the tao of survival and related subjects, and has been a student and teacher of Asian thought, martial arts, healing, and meditation for more than forty years. He currently lives in Southern California.

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