



Extreme Food - What to Eat When Your Life Depends on it.

By Bear Grylls

Transworld Publishers Ltd. Paperback. Condition: new. BRAND NEW, Extreme Food - What to Eat When Your Life Depends on it., Bear Grylls, "There's no getting away from it; I've eaten some pretty extreme things in my time - live tarantulas, raw goat testicles, elephant dung, you name it. In a situation when your life depends on it, you need to put your prejudices aside to keep your stomach filled and your strength up. Whether it's mastering the art of foraging and cooking up a tasty feast around the campfire or learning about the more extreme end of wild food (ever tried a scorpion kebab?), there's a lot to learn when it comes to dinner time in the wild. This book will teach you all the necessary skills and techniques to get your teeth into meals you might never have thought of as food in the first place - and, crucially, how to recognize plants and animals that might end up doing you more harm than good. In today's world, we rarely need to venture beyond the local supermarket and we turn our noses up at the thought of snacking on bugs and grubs. But out in the wild, Mother Nature...

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Reviews

Basically no words to explain. I actually have study and that i am sure that i will gonna read once more again down the road. You are going to like just how the blogger publish this pdf.

-- **Ms. Tamara Hackett DVM**

This book is great. it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

-- **Sterling Kris**