

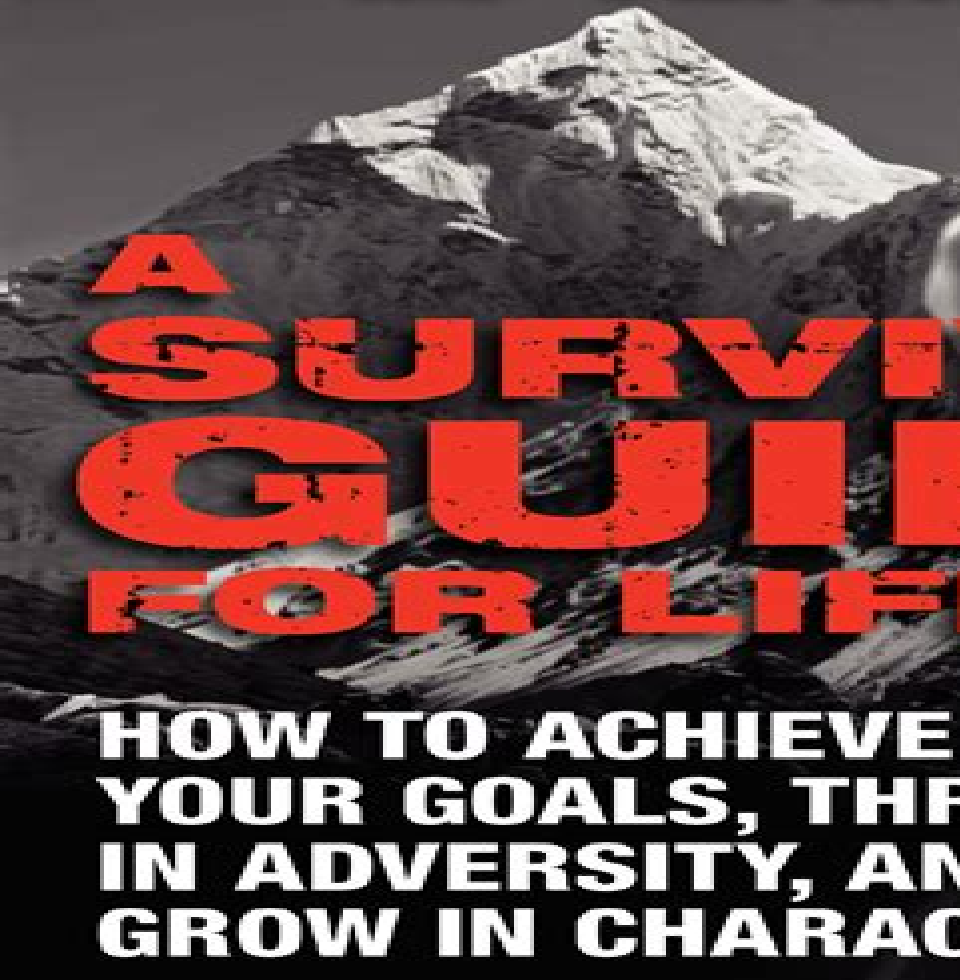
BEAR GRYLLS

AUTHOR OF THE #1
INTERNATIONAL BESTSELLER

**MUD, SWEAT,
AND TEARS**

A SURVIVAL GUIDE FOR LIFE

**HOW TO ACHIEVE
YOUR GOALS, THRIVE
IN ADVERSITY, AND
GROW IN CHARACTER**



Bear Grylls Survival Guide

Kathleen Armour

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