



98.6 Degrees (NONE)

By Cody Lundin

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"If you breathe and have a pulse, you NEED this book."

-Cody Lundin

Cody Lundin, director of the Aboriginal Living Skills School in Prescott, Arizona, shares his own brand of wilderness wisdom in this highly anticipated new book on commonsense, modern survival skills for the backcountry, the backyard, or the highway. It is the ultimate book on how to stay alive-based on the principal of keeping the body's core temperature at a lively 98.6 degrees. In his entertaining and informative style, Cody stresses that a human can live without food for weeks, and without water for about three days or so. But if the body's core temperature dips much below or above the 98.6 degree mark, a person can literally die within hours. It is a concept that many don't take seriously or even consider, but knowing what to do to maintain a safe core temperature when lost in a blizzard or in the desert could save your life. Lundin delivers the message with wit, rebellious humor, and plenty of backcountry expertise.

Cody Lundin and his Aboriginal Living Skills School have been featured in dozens of national and international media sources, including Dateline NBC, CBS News, USA Today, The Donny and Marie Show, and CBC Radio One in Canada, as well as on the cover of Backpacker magazine. When not teaching for his own school, he is an adjunct faculty member at Yavapai College and a faculty member at the Ecosa Institute. Cody is the only person in Arizona licensed to catch fish with his hands, and lives in a passive solar earth home sixty miles from Prescott, Arizona.

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Editorial Review

Review

This outrageously straightforward survival book teaches you what you need to know, now, to live through virtually every survival scenario. (*Los Angeles Daily News* 20030814)

From the Inside Flap

A destined underground classic, 98.6: The Art of Keeping Your Ass Alive is a nonstop thrill ride, jam-packed with commonsense modern survival skills for the backcountry, the backyard, or the highway. Author Cody Lundin, founder and director of the nationally recognized Aboriginal Living Skills School, shares his own brand of wilderness wisdom based on the unique principle of keeping the body's core temperature at a lively 98.6 degrees.

In his no-nonsense and informative style-paired with outrageously hip visuals-Cody stresses that a human can live without food for weeks, and without water for several days. But if the body's core temperature dips much below or above the 98.6-degree mark, a person can literally die within hours. It is a concept that many don't take seriously or even consider, but knowing what to do to maintain a safe core temperature when visiting the great outdoors could save your life.

Delivered with wit, rebellious humor, and plenty of backcountry expertise, 98.6: The Art of Keeping Your Ass Alive is destined to not only entertain but to empower the reader with practical advice, information, and detailed instructions of how to create an effective modern-day survival kit using simple, easy-to-find items.

Buy a copy for yourself-and for your grandmother!

From the Back Cover

"If you breathe and have a pulse, you NEED this book."

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Users Review

From reader reviews:

Robert Hyde:

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