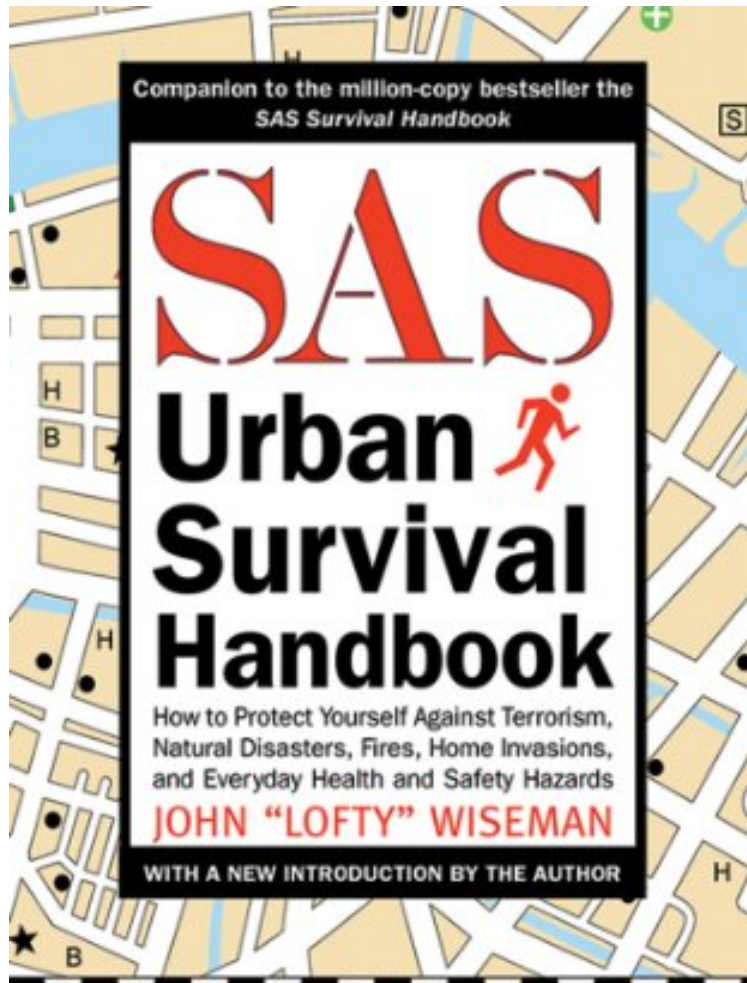


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SAS Urban Survival Handbook: How to Protect Yourself Against Terrorism, Natural Disasters, Fires, Home Invasions, and Everyday Health and Safety Hazards

John "Lofty" Wiseman
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John "Lofty" Wiseman : SAS Urban Survival Handbook: How to Protect Yourself Against Terrorism, Natural Disasters, Fires, Home Invasions, and Everyday Health and Safety Hazards before purchasing it in order to gauge whether or not it would be worth my time, and all praised SAS Urban Survival Handbook: How to Protect Yourself Against Terrorism, Natural Disasters, Fires, Home Invasions, and Everyday Health and Safety Hazards:

0 of 0 people found the following review helpful. A must readBy Captain CookVery descriptive in Urban life in things that you'll encounter in the city, on the field, and even at home, which I like the most. But he even goes into bird of outdoor survival like plants that are able to eat, and dangerous snakes, which is all good to know.4 of 5 people found the following review helpful. The Encyclopedia of ParanoiaBy CustomerWow. This book is definitely comprehensive. Wiseman's book on Wilderness Survival is great for people to survive in the wilderness on nothing. This book is written for people in Britain that have never seen civilization. I guess I was looking for a type of survival book to cover how to survive in an urban setting in a major disaster. This book covers everything from "don't eat moth balls" to "don't plant willow trees too close to your house or you might weaken your foundation". Most of the stuff is ridiculous common sense.The one area I was interested in was Self-Defense. Unfortunately this was just a lot of British Law stuff.Overall the book is pretty comprehensive but more or less ridiculous. You have to be insane to read it cover to cover. And if you're not, you will be by the time you finish it.0 of 0 people found the following review helpful. Not as helpful as the original SAS BookBy BuyAlotIt's easy to read and has illustrations. But it has things in it like how to properly warm up before exercising, chain saw safety, and watching too much TV, how to prevent suffocation and bathroom falls, and hygiene of one's pet. Most of this book is just common sense or can be found in manufacturers' usage and safety manuals. There is a bit of helpful information about defending oneself. In my opinion, it's a waste of time and money. I would not recommend or buy again.

John "lofty" Wiseman is the author of the bestselling sass survival handbook, the definitive guide to survival in the wild from Britain's special air service. Now he has compiled a complete guide to survival in the urban jungle. Every year in America there are thousands of fatal accidents in the home more than on the roads, and many more than in the great outdoors. Fire, electricity, water, gas, sharp knives, poisons, chemicals these valuable tools can quickly become dangerous weapons when not treated with proper respect and understanding. Wiseman shows readers how to think realistically and practically about these perils in order to avoid them, whether they are at home, on the street, in school, or in Transit. From self-defense techniques to home security systems to coping with natural disasters, this book will teach readers to recognize risks, make quick decisions, and live confidently in the modern urban world. Specifications:- number of pages: 640- size: 5.25" x 8.25".

About the AuthorJohn Lofty Wiseman served for twenty-six years with Britains SAS as their Chief Survival Instructor. He is the foremost authority on SAS training techniques for civilians.