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Well, you aren't the first and you sure won't be the last—so have faith and keep your hope up—whether you make it out alive or not will largely come down to you: your attitudes and your actions.

Ok, first things first: **RELAX.** Take a deep breath and keep a clear head. The mistake that many people make in life-or-death situations is making their...
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Bear Grylls Pocket Guide

Joe Kertzman



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