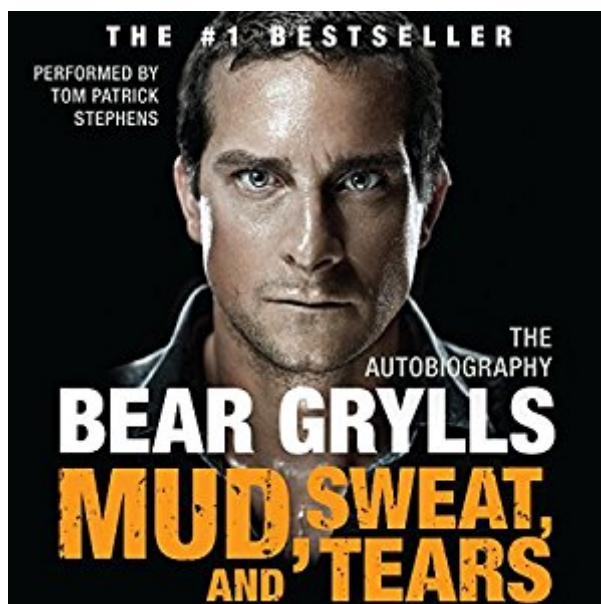


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# Mud, Sweat, And Tears: The Autobiography



## Synopsis

Already a number-one London Sunday Times best seller, *Mud, Sweat, and Tears* is the adrenaline-fueled autobiography of the mega-popular star of the hit survival series *Man vs. Wild*, adventurer Bear Grylls. A former British Special Forces commando, a man who has always sought the ultimate in dangerous challenges, Bear's true story reads like an outdoors action-and-adventure novel. But Bear's story is true - full of breathtaking escapes and remarkable exploits that would make any Jack London or H. Ryder Haggard hero proud.

## Book Information

Audible Audio Edition

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Version: Unabridged

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## Customer Reviews

While I have not been a big fan of Bear Grylls' tv shows (for mostly superficial reasons), his name is so big in survival and outdoor education circles that I figured that I owed it to myself to check out this autobiography. I am so glad that I did! From the very beginning, the storytelling drew me in. The portrayal of the lives and often heroic actions of his ancestors warmed my heart in a way that few authors manage. Even better than the storytelling was Bear's insight into the attitudes and principles of these people and the explanations of how this history and these stories affected him and helped to shape him into the person that he is now. The book continues with numerous personal stories of adventure in its many forms. This book and its stories contain fantastic life lessons about: -Courage -Honor -Perseverance -Dealing with difficulty and fear -Patience -Learning from difficulty and mistakes -Hope -Self-respect -Knowing your limitations -Pushing yourself to your limits -Love -Value of family. This book was written in the first person and has a very conversational and warm style. When the author reveals personal information about his thoughts, fears, etc during a particular

story, it feels like he is letting you in on a little secret. It was obvious that the book was professionally edited. Unfortunately, the kindle formatting left a little to be desired. The TOC is properly linked, but you cannot access the TOC direct from the "Go To..." menu. This would be inexcusable in a reference book, but for this autobiography, I doubt many people will be trying to repeatedly reference the TOC.

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