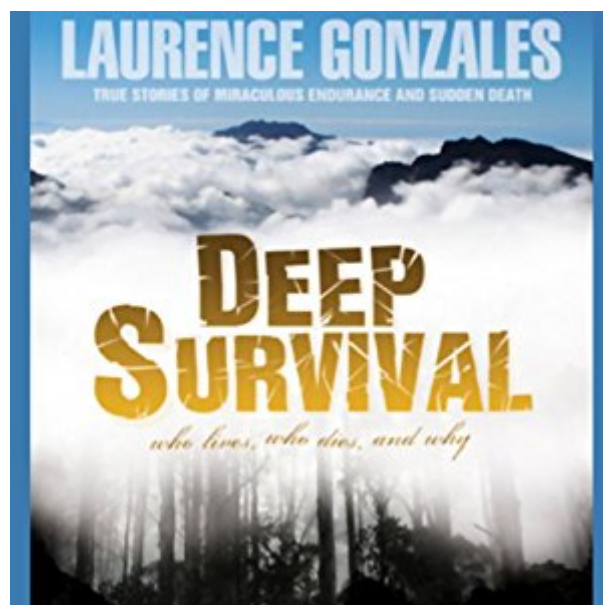# Deep Survival: True Stories Of Miraculous Endurance And Sudden Death

Synopsis

After her plane crashes, a 17-year-old girl spends 11 days walking through the Peruvian jungle. Against all odds, with no food, shelter, or equipment, she gets out. A better equipped group of adult survivors of the same crash sits down and dies. What makes the difference?Examining such stories of miraculous endurance and tragic death, Deep Survival takes us from the tops of snowy mountains and the depths of oceans to the workings of the brain that control our behavior. Through close analysis of case studies, Laurence Gonzales describes the essence of a survivor and offers 12 "Rules of Survival".In the end, he finds, it is what's in your heart, not what's in your pack, that separates the living from the dead. This audiobook will change the way we understand ourselves and the great outdoors.

Book Information

Audible Audio Edition

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Customer Reviews

Laurence Gonzales has written a riveting book, not about survival technique, but survival philosophy. The points he makes can be applied to any situation in which you find yourself endangered physically, mentally, or emotionally. He weaves together the tao te ching, chaos theory, musings on Roman military tactics, biological lessons on how the brain works to help us preserve the species by preserving ourselves, true-life experiences from people who have endured some of the more bizarre "accidents", and his own taste for thrills.Gonzales bookends the essays with the story of his father, a scientist who, as a young flier during WWII, was shot down over Germany. He survived when his plane was shot down and plummeted to earth, then lived through a harrowing

recovery as a POW.Why did his dad make it when the rest of his crew was killed?Some of this has to do with events you can't control, and some of it has to do with how to control yourself so that you can find a way out of dire straits. He points out that some people can make every correct decision and end up being killed, while others make every wrong decision and walk out of the woods (or off a mountain...) unscathed. But, you can learn to THINK like a survivor, and greatly increase your chances of getting through what may seem, even to others in the same sinking boat, like a no-win situation.Gonzales's dad taught him, "Plan the flight. Fly the plan, but don't fall in love with the plan." Being prepared is only part of the equation; being able to adjust to changing circumstances is what a lot of us forget about.Reading this book is an adventure in itself.

I was hooked when I read the inside cover. Gonzales will try to explain why a guy in a raft would say "I'm going to pick up the car." Then jump into the ocean to be eaten by sharks, and then explain why a person with no survival skills could survive the jungle. What could explain these differences in catastrophe? Does Gonzales, a very experienced adventurer, succeed?No! Catastrophes are too complicated, nature is too capricious, and no one can fathom why someone was given -divinely or otherwise- the mental fortitude to survive while another surrenders. Gonzales admits this, but he does better. He shows us that many of those who survive have a mental profile that helps them survive and he encourages us to find this resilience which we all have by varying degrees. He does this through pages of wisdom.So there are 15 chapters, each presenting a main lesson, and a fantastic tale of accidents, catastrope or survival. Minor points in each chapter is supported by 'minor' stories. Thus Gonzales masterfully weaves several stories in each chapter.The stories presented are just awe inspiring. Let me give whet your appetite. Two raft guides steer their boats down a raging river. One notices entire trees racing by and has enough, the other doesn't and dies. A teenage girl falls a mile from an airplane with just her high heels and her dress. She survives, but now must face an inhospitable jungle below. SCUBA divers drown underwater with plenty of air in their tanks.Gonzales does not get into the 'gadgetry' lessons of survival. There are no techniques about how to apply first aid, or rappel a cliff.

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