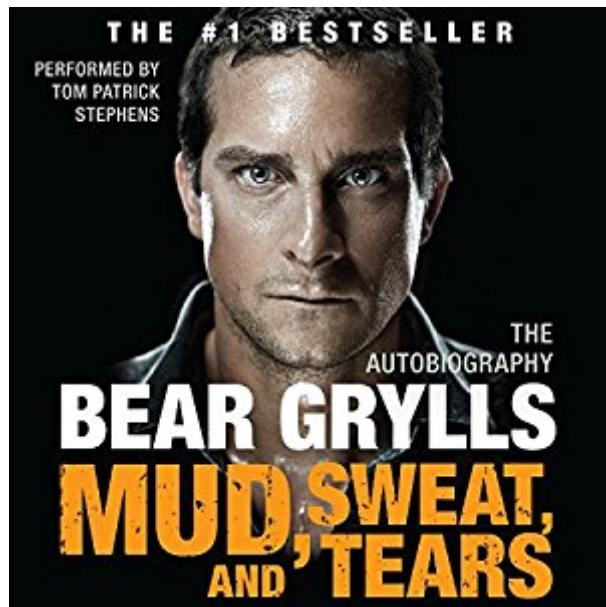


The book was found

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

Listening Length: 9 hours and 25 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HarperAudio

Audible.com Release Date: May 1, 2012

Language: English

ASIN: B007Z96J2M

Best Sellers Rank: #165 in Books > Audible Audiobooks > Nonfiction > Travel #310 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #342 in Books > Audible Audiobooks > Biographies & Memoirs > Entertainers & Celebrities

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 it's many forms.This book and it's 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 familyThis 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.

[Download to continue reading...](#)

Mud, Sweat, and Tears: The Autobiography Don't Sweat the Small Stuff and It's All Small Stuff: Simple Ways to Keep the Little Things From Taking Over Your Life (Don't Sweat the Small Stuff Series) Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series) Blood, Sweat and Tears: An Oral History of the American Red Cross Zero to 100: The Blood, Sweat, and Tears of Building a Fitness Chain from Idea to 100 Locations Sweat of the Sun, Tears of the Moon: A Chronicle of an Incan Treasure Blood, Sweat & Tears: Becoming a Better Surgeon Hang Glider and Mud Mask Treaties, Trenches, Mud, and Blood (Nathan Hale's Hazardous Tales #4): A World War I Tale Mud Pies and Other Recipes (New York Review Children's Collection) Stirring the Mud: On Swamps, Bogs, and Human Imagination Stuck in the Mud (Thomas & Friends) (Step into Reading) Fuzzy Mud Mud City (Breadwinner) More Than Mud From Mud to House: A Photo Essay (Changes) Mud Woman: Poems from the Clay (Sun Tracks) No Mud, No Lotus: The Art of Transforming Suffering Tigers in the Mud: The Combat Career of German Panzer Commander Otto Carius (Stackpole Military History Series) The Boy & His Mud Horses: & Other Stories from the Tipi

[Dmca](#)