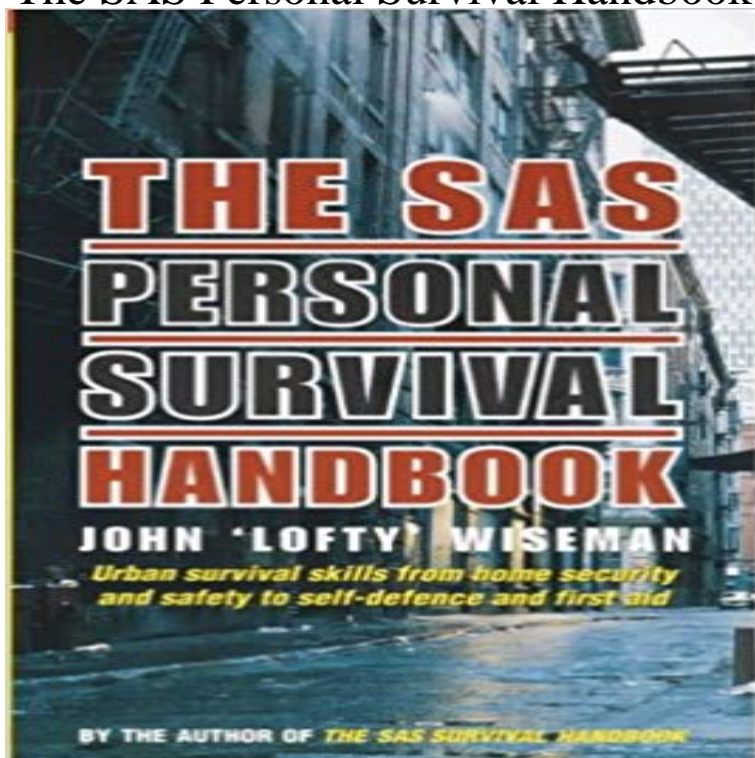


The SAS Personal Survival Handbook



With the clarity, common sense and directness you would expect from the SASs former Chief Survival Instructor, Lofty Wiseman shares the skills he has perfected over a 26-year career, taking the reader through the essentials for combatting the problems and stresses of urban life for you and your family. The handbook shows how to make and keep your home and avoid domestic accident or injury. It shows the dangers of DIY tools, chemicals and poisonous plants in your home and garden, and gives help and strategies for home security and fire prevention. With further sections on avoiding accident and injury at work and in sports, dealing with travel dangers, self-defence from all kinds of attack from telephone nuisance to rape and mugging, plus first aid and how to save a life.

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