



# **Epic Survival: Extreme Adventure, Stone Age Wisdom, and Lessons in Living From a Modern Hunter-Gatherer**

*Matt Graham, Josh Young*

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Matt Graham, star of the Discovery Channel's *Dual Survival* and *Dude, You're Screwed*, details the physical, mental, and emotional joys and harrowing struggles of his life as a modern-day hunter-gatherer.

Early on in his life, Matt craved a return to nature. When he became an adult, he set aside his comfortable urban life and lived entirely off the land to learn from the smallest and grandest of all things. In this riveting narrative that brings together epic adventure and spiritual quest, he shows us what extraordinary things the human body is capable of when pushed to its limits.

In *Epic Survival*, written with Josh Young, coauthor of five *New York Times* bestsellers, Matt relays captivating stories from his life to show just how terrifying and gratifying living off the grid can be. He learns the secrets of the Tarahumara Indians that helped him run the 1,600-mile Pacific Crest Trail in just fifty-eight days and endure temperature swings of 100 degrees. He takes us with him as he treks into the wilderness to live alone for half a year, armed with nothing but a loincloth, a pair of sandals, a stone knife, and chia seeds. He recounts near-death experiences of hiking alone through the snowdrifts at the bottom of the Grand Canyon, and tells us about the time he entered a three-day Arabian horse race on foot and finished third.

Above all, *Epic Survival* is a book about growing closer to the land that nurtures us. No matter how far our modern society takes us from the wilderness, the call remains. Whether you're an armchair survivalist or have taken the plunge yourself, Matt's story is both inspiration and invigoration, teaching even the most urbane among us important and breathtaking lessons.



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