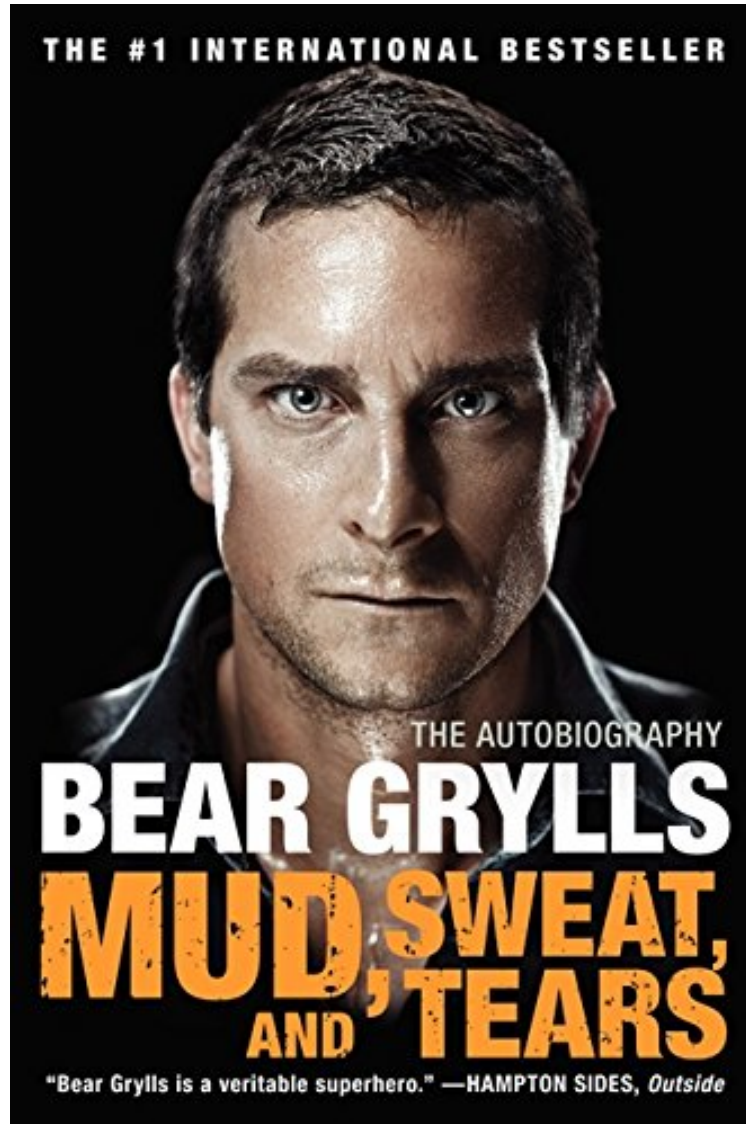


(Ebook pdf) Mud, Sweat, and Tears: The Autobiography

Mud, Sweat, and Tears: The Autobiography

Bear Grylls

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#190531 in Books Bear Grylls 2013-01-29 2013-01-29 Original language: English PDF # 1 9.00 x 1.04 x 6.00l, 1.00 #File Name: 0062124137416 pages Mud Sweat and Tears The Autobiography | File size: 45.Mb

Bear Grylls : Mud, Sweat, and Tears: The Autobiography before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mud, Sweat, and Tears: The Autobiography:

0 of 0 people found the following review helpful. What a life! By Christine Keightley I enjoyed this book a lot. For some bizarre reason, I had no idea who Bear Grylls was before I read the book. I just knew that he had gotten together with Roger Federer and I am a fan of Roger, so I was curious. He has an amazing story. The last bit was just motivational stuff from his presentations so I skipped that bit. Now I want to see some of his TV shows! 0 of 0 people

found the following review helpful. Bear Grylls By rickyracer Find out who the real Bear is in this Frank and entertaining bio. If you've watched him on TV, you have to read this! 0 of 0 people found the following review helpful. An adventurous autobiography By bass player 61 Having been a fan of Man vs Wild for as many years as it's been around, I looked forward to reading his autobiography. The book starts out with a family history, way back into the 1800's, into the early 1900's, and up to the current generations. Then we learn about his upbringing, the environment that moulded him into the man he's become. The school years go on a little too long, but once he begins his attempt at joining the Special Services, the book becomes more of what I expected. From there, he takes on his climbing expedition of Mt Everest. This section of the book could be a separate book on it's own. Vivid detail, unbelievably harsh conditions, and his physical struggles all make for a tremendous recount of the adventure. The remainder of the book details his marriage, family, and TV career. For all his accomplishments in life, he never once comes across as boastful or as a braggart...his humble and self-effacing manner makes him come across as a regular guy. A regular guy that's done more in his life than most of us would do in several lifetimes.

THE THRILLING #1-BESTSELLING MEMOIR BY THE ADVENTURE LEGEND AND STAR OF NBC'S RUNNING WILD WITH BEAR GRYLLS Bear Grylls has always sought the ultimate in adventure. Growing up on a remote island off of Britain's windswept coast, he was taught by his father to sail and climb at an early age. Inevitably, it wasn't long before the young explorer was sneaking out to lead all-night climbing expeditions. As a teenager at Eton College, Bear found his identity and purpose through both mountaineering and martial arts. These passions led him into the foothills of the mighty Himalayas and to a karate grandmaster's remote training camp in Japan, an experience that soon helped him earn a second-degree black belt. Returning home, he embarked upon the notoriously grueling selection course for the British Special Forces to join the elite Special Air Service unit 21 SAS a journey that would push him to the very limits of physical and mental endurance. Then, disaster. Bear broke his back in three places in a horrific free-fall parachuting accident in Africa. It was touch and go whether he would walk again, according to doctors. However, only eighteen months later, a twenty-three-year-old Bear became one of the youngest climbers to scale Mount Everest, the world's highest summit. But this was just the beginning of his many extraordinary adventures. . . . Known and admired by millions as the star of Man vs. Wild, Bear Grylls has survived where few would dare to go. Now, for the first time, Bear tells the story of his action-packed life. Gripping, moving, and wildly exhilarating, *Mud, Sweat, and Tears* is a must-read for adrenaline junkies and armchair explorers alike.

Mud, Sweat, and Tears is required reading for fans of Man vs. Wild but also for anyone who revels in first-person stories of high adventure. (BOOKLIST) I cannot think of anyone who has faced challenges and overcome them like Bear Grylls. (GENERAL CHARLES GUTHRIE, Colonel Commandant of the SAS) *Mud, Sweat, and Tears* flows with the verve of an engaging novel and forms a satisfying life story brimming with excitement and adventuresome risk-taking. An inside look at the makings of an intrepid, insatiable explorer. (KIRKUS REVIEWS) World-famous extreme adventurer Bear Grylls had so far avoided telling his life story--until now. Well told, personable, fast-paced, and undoubtedly a fascinating read. (DAILY TELEGRAPH) From the Back Cover Bear Grylls has always sought the ultimate in adventure. Growing up on a remote island off of Britain's windswept coast, he was taught by his father to sail and climb at an early age. Inevitably, it wasn't long before the young explorer was sneaking out to lead all-night climbing expeditions. As a teenager at Eton College, Bear found his identity and purpose through both mountaineering and martial arts. These passions led him into the foothills of the mighty Himalayas and to a karate grandmaster's remote training camp in Japan, an experience that soon helped him earn a second-degree black belt. Returning home, he embarked upon the notoriously grueling selection course for the British Special Forces to join the elite Special Air Service unit 21 SAS a journey that would push him to the very limits of physical and mental endurance. Then, disaster. Bear broke his back in three places in a horrific free-fall parachuting accident in Africa. It was touch and go whether he would walk again, according to doctors. However, only eighteen months later, a twenty-three-year-old Bear became one of the youngest climbers to scale Mount Everest, the world's highest summit. But this was just the beginning of his many extraordinary adventures. . . . Known and admired by millions as the star of Man vs. Wild, Bear Grylls has survived where few would dare to go. Now, for the first time, Bear tells the story of his action-packed life. Gripping, moving, and wildly exhilarating, *Mud, Sweat, and Tears* is a must-read for adrenaline junkies and armchair explorers alike. About the Author Bear Grylls has become known around the world as one of the most recognized faces of survival and outdoor adventure. His journey to this acclaim started in the UK, where his late father taught him to climb and sail. Trained from a young age in martial arts, Bear went on to spend three years as a soldier in the British Special Forces, serving with 21 SAS. It was here that he perfected many of the skills that his fans all over the world enjoy watching him pit against mother-nature. His TV show *Man Vs Wild* and *Born Survivor* became one of the most watched programmes on the planet with an estimated audience of 1.2 billion. He also hosts the hit adventure show 'Running Wild' on NBC in America, as well as 'The Island with Bear Grylls' 'Bear's Wild weekends' for Channel 4 in the UK. He is currently the youngest ever Chief Scout to the UK Scout Association and is an honorary Lt-Colonel to

the Royal Marines Commandos.He has authored 14 books including the number one Bestseller: Mud, Sweat Tears.