

# Mud Sweat And Tears Bear Grylls

Embracing Hope for Your Broken Story  
 Fuel for Life  
 Break Point  
 The Autobiography  
 Return to the Jungle  
 Never Give Up  
 SAS: Who Dares Wins Host's Incredible True Story  
 Bear Grylls: Ghost Flight  
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 With Love, Papa  
 A Life of Adventure, the Autobiography  
 How to Stay Alive  
 The Ultimate Survival Guide for Any Situation  
 Mission Survival 8: Lair of the Leopard  
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 Bear Grylls Great Outdoor Adventures  
 Mud, Sweat, and Tears  
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 Soul Fuel for Young Explorers  
 Spirit of the Jungle  
 Facing Up  
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 True Grit  
 Sands of the Scorpion  
 Leading from the Front  
 Soul Fuel  
 Survival Techniques from the Most Dangerous Places on Earth  
 A Remarkable Journey to the Summit of Mount Everest  
 Burning Angels  
 One Man's Dream to Lead a Team Across the Treacherous North Atlantic  
 A Survival Guide for Life  
 Extreme Food  
 Bear Grylls: Two All-Action Adventures  
 Strike of the Shark  
 Lessons for the Wild Adventure Called Life

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## NADIA ARTHUR

**Embracing Hope for Your Broken Story** Random House  
 No one is born a leader, but through sheer determination and by confronting life's challenges, Ant Middleton has come to know the meaning of true leadership. In *First Man In*, he shares the core lessons he's learned over the course of his life. After 13 years' service in the military, with 4 years as a Special Boat Service (SBS) sniper, Ant Middleton is the epitome of what it takes to excel. He served in the SBS, the naval wing of the special forces, the Royal Marines and 9 Parachute Squadron Royal, achieving what is known as the Holy Trinity of the UK's Elite Forces. In this revealing book, Ant speaks about the highs and gut-wrenching lows of his life and draws valuable lessons that we can all use in our daily lives  
**Fuel for Life** Bantam Press  
 Bear Grylls is one of the world's most famous survivors. Bear Grylls: Two All-Action Adventures combines two of his greatest adventures told in *Facing Up* and *Facing the Frozen Ocean*. At the age of twenty-three, Bear Grylls became one of the youngest Britons to reach the summit of Mount Everest. At extreme altitude youth holds no advantage over experience, nevertheless, only two years after breaking his back in a freefall parachuting accident, he overcame severe weather conditions, fatigue and dehydration to stand on top of the world's highest mountain. *Facing Up* is the story of his adventure, his courage and humour, his friendship and faith. *Facing the Frozen Ocean* tells of a carefully calculated attempt to complete the first unassisted crossing of the frozen north Atlantic in an open rigid inflatable boat. But this expedition became a terrifying battle against extreme elements and icebergs as large as cathedrals. Starting from the remote north Canadian coastline, Bear Grylls and his crew crossed the infamous Labrador Sea, pushed on through ice-strewn waters to Greenland and then found themselves isolated in a perfect storm 400 miles from Iceland. This is a compelling, vivid and inspirational tale.

### Break Point

Orion  
 Who are the people that inspired Bear Grylls to become one of the world's toughest adventurers? From famous explorers whose never-say-die attitude led them to achieve astonishing feats, to everyday people unexpectedly caught up in life-threatening situations, *True Grit* is a collection of some of the toughest feats of survival ever accomplished. Learn what it takes to make it through alive in some of the planet's most dangerous locations from these exciting tales of death-defying resilience. Abridged for younger readers.

**The Autobiography** ELT Business & Vocational English

Could you survive in the jungle? Six months after his adventures in *Spirit of the Jungle*, Mak returns to the Wainganga River, where a conservation project is tracking the elusive wild elephant, endangered by loggers and poachers. When a young elephant is captured by an unscrupulous merchant, Mak and his friend Diya follow them into the heart of the jungle in a quest to set the animal free. But soon Mak finds that he must remember all his survival skills to escape danger. Inspired by Rudyard Kipling's classic *The Second Jungle Book*, *Return to the Jungle* is an exciting contemporary action-adventure from the nation's favourite adventurer, Bear Grylls.

### Return to the Jungle

HarperCollins  
 Released to coincide with the 60th Anniversary of the first ever ascent of Mount Everest and updated with a new introduction from Bear Grylls. On the 29th May 1953 Edmund Hillary and Tenzing Norgay made history as they took their first triumphant steps on the top of the world. On 16 May 1998, Bear Grylls followed those same footsteps, achieving a childhood dream and entering the Guinness Book of Records, as the youngest Briton, at 23, to summit Mount Everest. Taken from his bestselling autobiography, *Mud, Sweat and Tears*, *Climbing Everest* tells the gripping story of Bear's gruelling expedition, one which tested him to his very limits and nearly cost him his life.

### Never Give Up

Random House  
 A gripping adventure story from Bear Grylls, packed with real survival details and dangers at every turn! When Beck Granger is ship-wrecked in the open seas, he needs all of his survival skills to save a small group of passengers. But the sinking was no accident. In order to stay alive, he'll have to work out who wants him dead, and why. That is, if the sharks don't get him first . . .

### SAS: Who Dares Wins Host's Incredible True Story

Orion  
 Bear Grylls' *Extreme Planet* is a whirlwind tour of the globe, seeking out the highest, deepest, wildest, thinnest, coolest, hottest, scariest and smelliest things planet Earth has to offer! From the longest place name and the most dangerous road in the world, to the riskiest food to eat and where to find the oldest vomit, Bear Grylls will guide you through the coolest facts and the most perilous limits of our *Extreme Planet*. A fantastic journey through all the extremes of our fascinating world.

### Bear Grylls: Ghost Flight

Kings Road Publishing  
 Bear Grylls is no stranger to extremes. During a three-year stint in the SAS he was involved in a horrific parachuting accident in Africa and broke his back in three places. Here, he shows us survival techniques when confronted with situations ranging from crossing piranha-infested rivers and finding fresh food to fighting off grizzly bears.

**Mad Bad and Dangerous to Know Exp/Air/ROI Reissue** Random

House

The extraordinary new autobiography from adventurer Bear Grylls. The sequel to the multi-million copy selling global phenomenon *Mud, Sweat and Tears*.

### Surprised by the Healer

Random House

Parenting.

### Facing the Frozen Ocean

Corgi  
 Already a #1 London Sunday Times Bestseller, *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.

### With Love, Papa

HarperCollins  
 'Unputdownable!' Sir Ranulph Fiennes \*\*\*\*\* A murder. A mystery that will change everything. Will Jaeger's family are gone, and they're not coming back. But there's one thing he can fix. His best friend has been found dead, and he's going to catch the monsters that killed him. To do it, Jaeger assembles an expert team of ex-SAS soldiers. They must head deep into the Amazon rainforest. It seems his friend was on the trail of an old Nazi bomber. And someone definitely wants it kept secret. As things go wrong, and Jaeger closes the net on his friend's killer, he comes to realise one thing. Everything is connected. And, for one man, the War never ended . . . A modern, edge-of-your-seat thriller, shrouded in the shadows cast by Nazi Germany. Great for fans of Gregg Hurwitz, James Swallow, and I Am Pilgrim. \*\*\*\*\*  
 \* What readers are saying about BEAR GRYLLES: GHOST FLIGHT: 'A gripping thriller set in the darkest of days', Jonathan Ross 'Men don't come much tougher than daredevil climber and adventurer, Bear Grylls', SUN 'A great adventure, superbly written!' Amazon reviewer, 5 stars 'If you want a page-turning, action packed adventure story with hints of WWII then look no further', Amazon reviewer, 5 stars 'Will resonate with fans of classic spy thrillers', MAIL ON SUNDAY 'I loved it from beginning to end, and I can't wait to read what happens next', Goodreads reviewer, 5 stars 'Once I finished this one I went straight back & got the next in the Will Jaeger series!', Amazon reviewer, 5 stars  
*A Life of Adventure, the Autobiography* Mud, Sweat, and Tears  
 The Autobiography  
 Bestselling author Bear Grylls is best known for his seven seasons on National Geographic's *Man vs. Wild*, his current NBC TV series, *Running Wild with Bear Grylls*, and his adventures climbing ice cliffs, running through forest fires, and parachuting from balloons. In *Soul Fuel*, Bear shares the backstories behind many of his most

daring expeditions and how his faith gave him the purpose and power to carry on. In 365 devotions he explores themes of hope, courage, risk, heaven, and more. Soul Fuel is perfect for: Men and women Self-purchase or a gift for anyone wanting to deepen their faith Fans of Bear's TV series and those who love to read about survival Nature has taught Bear some important lessons, and behind every feat is a story of grit, determination, and strength found in faith. By reading Soul Fuel, you will discover: How to find joy during the most difficult times The importance of hope and taking risks How to create courage despite anxiety and fear Bear wants others to know, "I often don't feel very strong. Life can be a battle. We all feel that from time to time. But any strength I do have seems to come in the quiet moments at the start of my day. It comes when I am on my own, on my knees. It comes from taking time to be still with God. . . . So for me, starting my day like this really helps. It is like food. Like good fuel for the soul."

#### **How to Stay Alive** Pan Macmillan

**COULD YOU SURVIVE THE JUNGLE?** From real-life adventurer Bear Grylls, a heart-stopping contemporary adventure inspired by Rudyard Kipling's classic *The Jungle Book*. After being washed away down the Wainganga River during a flash flood, Mak wakes up alone in the Indian jungle. The jungle is full of danger—poisonous snakes, cunning monkeys, and desperate poachers—and every step Mak takes might be his last. Mak finds help and friendship from other jungle creatures, but he will need all his skill and luck to survive and make his way back home. [The Ultimate Survival Guide for Any Situation](#) Pan Macmillan "Bear Grylls is a veritable superhero....The former UK Special Forces paratrooper has braved the world's harshest environments." —Hampton Sides, *Outside Magazine* "Bear Grylls is one tough, crazy dude." —Washington Post **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.

**Mission Survival 8: Lair of the Leopard** William Morrow Paperbacks Having stumbled upon a smuggling operation, Beck Granger is forced to bail out of a plane over the merciless Sahara Desert. Now he faces a slow and agonising death if he can't cross the miles of sand between him and civilisation.

#### **First Man In** Harper Collins

**THERE'S NOWHERE TO RUN** William Jaeger is a former SAS soldier who has spent years thwarting attempts to revive the Nazi movement in the modern world. With international security restored, he is reluctantly thrust back into action when he uncovers evidence a horde of uranium has been stolen from an old Nazi bunker in the mountains. All the signs point towards the chemicals being turned into bombs which will devastate the world. Jaeger knows an attack is coming, and this time there will be nowhere for anyone to hide. With no idea where to turn, and with the world relying on him to find the bombs before it's too late, Jaeger is certain of only one thing: **THE HUNT IS ON \*\*\*\*\* 'Enthralling' The Times 'A gripping thriller set in the darkest of days' Jonathan Ross 'Men don't come much tougher than daredevil climber and adventurer, Bear Grylls' Sun**

'Unputdownable' Sir Ranulph Fiennes 'Will resonate with fans of classic spy thrillers' Mail on Sunday

**Bear Grylls Great Outdoor Adventures** Bonnier Publishing Fiction Ltd.

The extraordinary new autobiography from adventurer Bear Grylls. In *Never Give Up*, global adventurer and TV presenter Bear Grylls chronicles his life and career since stepping onto screen, taking readers along with him on his most famous adventures, sharing personal stories from his favourite expeditions, and capturing his hairiest survival challenges. The follow up to the internationally bestselling *Mud, Sweat and Tears*, in this new autobiography Bear takes readers behind the scenes on infamous 'Man vs. Wild' shoots and provides an insight into what it's really like to go 'Running Wild' with guests including President Obama, Roger Federer and Julia Roberts. Along the way, Bear explores the valuable lessons he's learned in the wild, opens up about his most personal challenges and achievements, and celebrates the true value of adventure and the enduring importance of courage, kindness and resilience.

#### **Mud, Sweat, and Tears** Corgi Childrens

Brer Rabbit will never learn! He loves to play jokes, tricks and set traps for his friends - but once in a while, they beat him at his own game! These timeless stories of the briar patch trickster are retold in Blyton's hugely popular and successful style. This collection contains many Brer Rabbit stories from the books *Enid Blyton's Brer Rabbit Book*, *Brer Rabbit Again* and *Brer Rabbit's a Rascal*.

#### **My Life in the Wild** Bonnier Zaffre Ltd.

Ready for some real adventure? Evie likes new experiences - except for being extremely fussy about what she eats. Suddenly she finds herself on a sun-baked safari with Bear Grylls, where food and water are scarce and dangerous wild animals prowl the plains. To survive, Evie must eat what she can, when she can ... even if it seems absolutely disgusting! Each book in this fun new 12-book series from BEAR GRYLLS follows a different child on an outdoor activity camp. Once they are given a magical compass, they meet the inspirational adventurer in an amazing place and learn new skills and facts they can take with them back to their real life.