



## 98.6 Degrees: The Art of Keeping Your Ass Alive

*Cody Lundin, Russ Miller, Christopher Marchetti (Photographer)*

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If you breathe and have a pulse, you NEED this book.

Cody Lundin, director of the Aboriginal Living Skills School in Prescott, Arizona, shares his own brand of wilderness wisdom in this highly anticipated new book on commonsense, modern survival skills for the backcountry, the backyard, or the highway. It is the ultimate book on how to stay alive-based on the principal of keeping the body's core temperature at a lively 98.6 degrees. In his entertaining and informative style, Cody stresses that a human can live without food for weeks, and without water for about three days or so. But if the body's core temperature dips much below or above the 98.6 degree mark, a person can literally die within hours. It is a concept that many don't take seriously or even consider, but knowing what to do to maintain a safe core temperature when lost in a blizzard or in the desert could save your life. Lundin delivers the message with wit, rebellious humor, and plenty of backcountry expertise.

## **98.6 Degrees: The Art of Keeping Your Ass Alive Details**

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Author : Cody Lundin , Russ Miller , Christopher Marchetti (Photographer)

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## **From Reader Review 98.6 Degrees: The Art of Keeping Your Ass Alive for online ebook**

### **Mckinley says**

I think this is a book for urbanites who take a wrong turn on a dirt road and drive down it too far then get stuck. This is not for people who routinely camp out. That said, those urbanites need to do some prep, mostly what to have in a survival first aid kit.

Top 2 points: have the proper clothing and lots of water

During a survival situation - monitor your mental health along with resting, hydrating and maintaining your core temperature (cooling and heating)

In addition, tell other where you are going and approximately when you will be back, have reliable transportation, take a survival kit and food & water, know how to signal for rescue, and don't take unnecessary chances.

Then be as visible as possible for search and rescue workers, think about what to do in relation to being found.

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### **Stephen says**

Lots of information here. Goes in depth in the key components of regulating body temperature and useful tools and techniques to have when away from home. I've read a number of similar books and I still picked up some useful information.

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### **James Hale says**

it was ok. easy read. good survival tips. but this is something that is probably better to learn by hand on experience and training.

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### **Jim says**

This book was a quick, easy read. I'd give it five stars for content and information since Cody Lundin is very knowledgeable and experienced in primitive skills and survival. But the book's bizarre, cartoonish illustrations were very distracting and it seemed that the information in the book could have been organized better. Cody's survival gear list is perfect, though. I do recommend reading this book if you can get past the cartoons and Cody's conversational method of writing.

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### **Paul Eancheff says**

Very informative. Humorous at times. Great survival book for anyone who loves the outdoors.

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### **Christine says**

This book was a lot of fun to read as well as being super informative. I wish he'd been a little more specific about the brands of gear he prefers. I realize he left it out so he wouldn't appear biased or influence buying but as a novice I would have appreciated the recommendation.

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### **Silly says**

Great book. The author was president of the search and rescue team of Arizona's state wilderness parks, a survivalist, teaches survival classes, professor, and a minimalist.

The book is presented in a format with crazy illustrations, which is good to keep your interest. Topics vary more by section than chapter in the book. For instance:

The start of the book talks about just how most people end up in survival situations, and mistakes they made: not bringing water, not telling friends where they would be, not wearing proper clothing, not signalling, wandering from paths, etc. Also the typical person or group who ends up in a survival situation: an under-equipped inexperienced day-hiker

The middle section of the book describes how to stay warm when the weather is cold, visa versa in warm weather, always stay dry, and stay hydrated. A lot of good detail here. If you can manage to regulate your temperature and drink water in a survival situation, you can survive for months. It's not about food, it's about hydration!

The end area of the book describes how to make a survival bag, or "bug out bag". Focus is given to things such as being able to start a fire several different ways, using items that have very little weight (the author carries something under 4lbs of gear!!!), and always using multi-purpose items.

If I was going to find fault in the book, it would be the scientifics of hydration and dehyrdation get boring for a few pages. That's it though. Overall very happy, and heck I'd even consider packing the book in a bug out bag. Makes me wonder if that's why the book has an illustration of the book in the back pocket of jeans...

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### **Carla says**

I was looking for a book on "what to do" and I think the book focuses more on "why to do it". It seems less about how to stay alive than about all of the ways that you could die. While those things seem like they'd be the same, they're not. Also, I found the author's attempt at humor to be a bit over the top and distracting. Good material, but could have been presented in a much more appealing and realistic manner.

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## **Brad T. says**

what a waste of time. I love this guy on Dual Survival, but this was a simple essay padded to be a book.

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## **Jams says**

This survival guide is crude, weird and in your face obnoxious. But I will feel much more confident packing survival gear now.

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## **Thomas says**

I love this book. Well written, very useful info when you are out there and things start to fall into the danger zone. I ended up buying an electronic copy and have it on my iPod Touch to refer to whenever I like. The line drawings of the " characters" are sort of strange, but I think they work in driving the point home. Fear and confusion are the challenges out there. If you have some sort of overall plan, you have a chance.

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## **Benjaminsjackson says**

I am not an avid outdoorsman with a lot of experience, but I like going outside and I like knowing what to do if I get myself in trouble. So, I enjoyed this book because it was practical and it gave a lot of advice that didn't involve buying fancy gear or turning yourself into a Navy SEAL.

Cody Lundin spends a good amount of time talking about how to dress for weather and what to do when you are caught, I have used his cold weather advice this year, when I went cross country skiing and found myself quite comfortable as a result. I have not practiced building fires or some of the other skills, but if I get the opportunity, I probably will.

The book has several cartoons and some "wacky" presentation at points, but I enjoyed it because I have read other books of this type that take themselves way too seriously and make survival skills seem next to impossible for the average person to develop. I will also say, the good thing about Cody Lundin's book is that he denies being the final word and encourages you to think things through and experiment for yourself.

This book would be a good read for people who like outdoor activities, who want to know more about outdoor survival skills, and for armchair adventurers who like to know how things can be done.

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## **Colin Dionne says**

### **Contains valuable info, but...**

If you are looking for a "do it all" manual this is not it. This book mainly covers: prevention and dangers of hypothermia and hyperthermia, how to construct a survival kit, and short term (3 day) survival. Cody really

dives deep into the biology of survival, and does a good job of it.

Would I recommend this book? Yes I would. Just be aware of the limited scope.

Party On!

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### **Monica says**

This is an overview or tip guide for outdoor survival.

For the most part it is fairly easy to read. In some places, the tone does seem to be condescending but this could also be an attempt at humor. Without knowing the writer, in a text format, these types of humor are rather difficult.

Little to no references for fact checking or additional reading are left which is heartily disappointing.

Numerous references are dated and/or regional which may cause confusion to outsiders.

There are a number of good tips scattered within the pages though.

Overall, an adequate read.

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### **Survivors says**

Besides the dedication to "all Beings of Light," living "within a conscious understanding of our true Selves" and his gratitude for "all the Ascended and Cosmic Ones, to all the Archangels, Archeia, and angels, elementals, and Elohim"... and his characters "Elvis Parsley, Willy Nilly" and others, by the time you weed through all his flakey or cutesie fluff content, the meat on the bone is practical and useful, but lost. By three chapters in, I truly felt like I had wasted my time.

The title suggests "How to survive Fear, Panic, ad the Biggest Outdoor Killers," but my initial survival was against falling asleep while reading this kum-by-yah, lets all hold hands and thank mother earth tripe.

Just read page 209, and you've saved yourself \$16.95 and the time spent reading it... OR...

Watch your core temp, adequate water, stay dry, tell people where you are going, check your transportation, take a survival kit, know how to signal for rescue, don't take unnecessary chances, rest. DONE.

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