Survival-content

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**SUBJECT: Keep Your Thoughts Focused, <firstname> - And Stay Alive!**

When you’re in the wilderness, working with the elements of nature to survive, it takes more than some equipment and basic knowledge. It takes more than water and food. It takes more than building a shelter and starting a fire. One of the most essential survival tools is, unfortunately, one of the most ill-prepared for.

Every year, thousands of people die in nature because they cannot deal with the STRESS of the situation. To live in the wild and stay safe until you are rescued or find civilization requires that you use your brain. You have to stay calm. You have to FOCUS…

When you train your mind how to handle the stress of survival situations, you significantly increase your probability of sustaining life. People who are mentally unprepared for a survival situation, and those who cannot quickly pull themselves together, may likely perish by the powers of Mother Nature. It happens every day. It’s happening to someone right now.