

Medicine For The Outdoors The Essential Guide To Emergency Medical Procedures And First Aid Revised And Expanded Edition

Het Handboek Survival Medicine is de ultieme gids voor outdoor survival en is onmisbaar voor buitensporters en outdoor liefhebbers. Alle vaardigheden om te overleven in de buitenwereld worden beschreven en getoond door middel van duidelijke afbeeldingen. Met deze survivalgids ben je elke outdoor noodsituatie de baas. Hoe overleef je een lawine of andere ramp in een ski-gebied? Waar vind je een schuilplaats tijdens een storm? Hoe geef je Eerste Hulp bij Ongelukken (EHBO)? De volgende onderwerpen komen o.a. aan bod: - Overlevingsmethoden en vaardigheden - Natuurrampen - Urban Survival - Outdoor EHBO - Wilderness medicine Hou je van kamperen, hiking, canyoning of andere outdoor activiteiten? Dan is het Handboek Survival Medicine een verplicht onderdeel van je uitrusting. NBD|Biblion recensie Er wordt steeds meer en verder gereisd en mensen zoeken steeds grotere uitdagingen. In de uithoeken van onze wereld worden grenzen gezocht. In deze situaties is er sprake van survival, maar ook van medische calamiteiten. Omdat op dat moment meestal geen kant-en-klare medische hulp aanwezig is, zal de kennis van dit boek dan zeer nuttig kunnen zijn. De schrijver heeft zeer veel cursussen en opleidingen op dit gebied gedaan en geeft in dit boek een gedegen overzicht wat er in afgelegen gebieden bij medische problemen door leken gedaan kan worden. Het boek is klein van formaat met kleine letters en zeer veel inhoud zodat het van tevoren bestudeerd en geoefend moet zijn. Hoewel niet compleet, zijn er veel tips en wetenswaardigheden wat te doen in panieksituaties waarbij men niet in paniek moet raken. Aanbevolen aan wereldreizigers die reizen onder primitieve omstandigheden. (Biblion recensie, M.A.M. Bomhof, neuroloog-psychiater)

Kritische kanttekeningen bij de huidige medische wetenschap.

Quickly and decisively manage any medical emergency you encounter in the great outdoors with Wilderness Medicine! World-renowned authority and author, Dr. Paul Auerbach, and a team of experts offer proven, practical, visual guidance for effectively diagnosing and treating the full range of emergencies and health problems encountered in situations where time and resources are scarce. Every day, more and more people are venturing into the wilderness and extreme environments, or are victims of horrific natural disasters...and many are unprepared for the dangers and aftermath that come with these episodes. Whether these victims are stranded on mountaintops, lost in the desert, injured on a remote bike path, or ill far out at sea, this indispensable resource--now with online access at www.expertconsult.com for greater accessibility and portability-- equips rescuers and health care professionals to effectively address and prevent injury and illness in the wilderness! This textbook is widely referred to as "The Bible of Wilderness Medicine." Be able to practice emergency medicine outside of the traditional hospital/clinical setting whether you are in remote environments, underdeveloped but highly populated areas, or disaster areas, are part of search and rescue operations, or dealing with casualties from episodes of extreme sports and active lifestyle activities. Face any medical challenge in the wilderness with expert guidance: Dr. Auerbach is a noted author and the world's leading authority on wilderness medicine. He is a founder and Past President of the Wilderness Medical Society, consultant to the Divers Alert Network and many other agencies and organizations, and a member of the National Medical Committee for the National Ski Patrol System. Handle everything from frostbite to infection by marine microbes, not to mention other diverse injuries, bites, stings, poisonous plant exposures, animal attacks, and natural disasters. Grasp the essential aspects of search and rescue. Respond quickly and effectively by improvising with available materials. Improve your competency and readiness with the latest guidance on volcanic eruptions, extreme sports, splints and slings, wilderness cardiology, living

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off the land, aerospace medicine, mental health in the wilderness, tactical combat casualty care, and much more. Meet the needs and special considerations of specific patient populations such as children, women, elders, persons with chronic medical conditions, and the disabled. Make smart decisions about gear, navigation, nutrition, and survival. Be prepared for everything with expanded coverage on topics such as high altitude, cold water immersion, and poisonous and venomous plants and animals. Get the skills you need now with new information on global humanitarian relief and expedition medicine, plus expanded coverage of injury prevention and environmental preservation. Get guidance on the go with fully searchable online text, plus bonus images, tables and video clips - all available on ExpertConsult.com. [CLICK HERE](#) to download the section from Wilderness & Travel Medicine on "Chest & Abdominal Injuries" * Author is a nationally recognized expert in wilderness medicine * Covers both illnesses and injuries * Includes improvised techniques for when medical supplies aren't on hand * Every section has been updated and new illustrations added to this edition First published in 1992, Wilderness & Travel Medicine has been a staple of the emergency first-aid kits sold worldwide by Adventure Medical Kits. With this fourth edition, Mountaineers Books and Adventure Medical Kits have partnered to release an updated, standalone reference for anyone who ventures away from civilization. Topics covered include everything from CPR, shock, and fractures to head, eye, and dental injuries, poisonous reactions, frostbite, hypothermia, heat illness, and much, much more. Throughout the text, sidebars provide useful and improvised techniques for specific injuries. In addition, there is "When to Worry" advice explaining how to tell if an injury is advancing in severity, despite attempts to arrest or slow down dangerous symptoms.

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Survival Medicine: (FREE Bonus Included) Essentials You Need In Your Hiking First-Aid Kit And Guide To Treat Yourself Outdoors Survival Medicine: Essentials You Need In Your Hiking First-Aid Kit And Guide To Treat Yourself Outdoors If you want to increase your chances of survival in a wilderness or during outdoor activities, it is essential to arrange a first-aid kit. This kit should have all essential tools and medications for your assistance. In various particular situations, you will need hospital, technology and pharmaceuticals. In various cases, you will need first aid skills to save someone's life. It will be good to carry a first-aid kit with you to treat yourself outdoors. This book is designed for your assistance to share first aid tips and tricks. You can get the advantage of first aid treatments, CPR, treatment of hypothermia, sunstroke, wounds and poisoning. This book can be a good choice for you to improve your health. This book has lots of important details and information for you. This book offers: Things Required in Hiking First-aid Kit Tips to Cure Physical Problems First Aid Treatment for Poisoning and Wounds Cardiopulmonary Resuscitation (CPR) Tips to Cure Sunstroke, Hypothermia and Various Others Download this book and get the advantage of tips and tricks given in this book. These tricks will be really helpful for everyone. Download your E book "Survival Medicine: Essentials You Need In Your Hiking First-Aid Kit And Guide To Treat Yourself Outdoors" by scrolling up and clicking "Buy Now with 1-Click" button!

Packed with step-by-step instructions, how-to explanations, and practical approaches to outdoor and wilderness emergencies, this newly updated guide explains the best ways to respond to just about any medical problem when help is miles or days away. Logically organized, "Medicine for the Outdoors" may literally save a life.

New in the Ragged Mountain Press Pocket Guides A practical, packable source of clear, reassuring first aid advice, Wilderness First Aid is the only such guide written by a board-certified emergency medicine specialist. Wilderness First Aid presents 125 outdoor medical emergencies and succinct, step-by-step treatment advice. Arranged by symptom for easy access, treatments cover everything from blisters to broken bones, heat stroke to hypothermia,

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snake bites to poison ivy. Direct and to the point, Wilderness First Aid's spread-by-spread design gets readers where they need to be quickly making calm, informed treatment decisions. "A fast-paced account of Mt. Hood. For readers who are unfamiliar with the rugged and beautiful Hood River area, [Van Tilburg] balances its undeniable perils with the joys of its scenic wonders . . ." --Publisher's Weekly "Van Tilburg's dogged spadework in translating to the page the intricate essentials of his unique trade makes each breathtaking rescue literally come to life. Exhilarating take on the daily life of a unique brand of doctor." --Kirkus "As a medical doctor, a previously published author (Backcountry Snowboarding; Introducing Your Kids to the Outdoors), and an adventure-sports devotee himself, Van Tilburg is uniquely qualified to describe the fears, excitement, frustration, and rewards of these searches. He examines the high costs of search-and-rescue operations and provides an interesting overview of the debate on whether victims should be held responsible for some of these costs. Young adults will likely enjoy this introduction to the field of wilderness medicine. Filled with adventure and good advice." --Library Journal "Outdoors folk in Oregon have long benefited from Dr. Chris Van Tilburg's skills as an emergency doctor and his selfless devotion to rescuing injured hikers and climbers as a volunteer for his local mountain rescue service. Now his other great skill--as a writer--has brought these exciting tales to the country at large. Chris captures the excitement of a rescue with the passion of a true mountaineer, and does so in highly readable prose." --John Harlin III, Editor of The American Alpine Journal and author of The Eiger Obsession, Mount Rainier and The Climber's Guide to North America Christopher Van Tilburg, MD is an emergency room physician, a ski patrol doctor, an emergency wilderness physician, and a member of the Hood River Crag Rats, the oldest mountain rescue team in the country. When Dr. Van Tilburg's beeper goes off, the call may take him racing up a mountain peak to rescue an injured hiker, scaling a rocky ledge to intubate a hiker who has fallen over a cliff, into a blizzard to search for missing skiers, or to a mountain airplane crash scene for body recovery. Dr. Van Tilburg's work requires a unique combination of emergency medicine, survival skills, agility, and extreme sports. In Mountain Rescue Doctor, Van Tilburg shares personal stories of harrowing and suspenseful rescues and recoveries, including the recent Mount Hood disaster, which claimed the lives of three climbers. We learn about the tools and techniques of emergency wilderness medicine, as well as the feats of human strength and delicacy required to treat patients under extreme conditions. And finally, we confront some of the ethical challenges a wilderness physician faces in making tough choices about who can be saved and at what cost. Mountain Rescue Doctor is an exhilarating tour through the perils of nature and medicine.

Practical advice for the on-the-go outdoorsman, this field-friendly guide is essential for anyone interested in first-aid preparation and care. Here is advice useful on a hike or for any fishing trip, including step-by-step instructions on dealing with fractures, suturing wounds, treating eyes and ears, managing allergic reactions, and more. With common sense advice, and in a handy, portable package, this is one little book that no one should be without in a campsite or in their forest hideaway.

Preceded by: Physical medicine and rehabilitation / [edited by] Randall L. Braddom. 4th ed. c2011.

Je kunt misschien niet alles voorspellen, maar sommige dingen wel. Dat ik verliefd ga worden op Olly, bijvoorbeeld. En dat het op een ramp zal uitdraaien. Madeline is allergisch voor de wereld. Zo allergisch dat ze al zeventien jaar niet buiten is geweest. De enige mensen die ze te zien krijgt, zijn haar moeder en verpleegster Carla. Madeline verdrijft de tijd met lezen en het schrijven van 'spoilende' boekbesprekingen. Tot er een nieuwe jongen naast haar komt wonen, met ogen in de kleur van de Atlantische oceaan: Olly. Hun vriendschap begint online, maar al gauw is dat niet meer genoeg... Alles wat je lief is gaat over het verlangen naar het onbereikbare, en over alles wat we op het spel zetten voor de liefde. Dit e-book is alleen

geschikt voor de tablet. U kunt het niet lezen op een e-reader

BASIC ILLUSTRATED COOKING IN THE OUTDOORS (Falcon) Cliff Jacobson A four-color, illustrated handbook for outdoor adventurers As the Boy Scouts of America will attest, Cliff Jacobson wrote the book on campsite cooking, including how to make food stay edible longer and taste better. This four-color, illustrated book teaches how to prepare great meals for large groups in the outdoors; keep cooked foods hot long enough for second helpings; plan and pack meals for a wilderness expedition; cook in the rain, wind, and snow; obtain safe drinking water; and properly dispose of wastes. The official handbook for the Boy Scouts' cooking badge!

Nineteen completely new chapters cover such topics as volcanic eruptions and wilderness and endurance events. Packed with practical information that stresses improvisational medicine, the book is a must-have for anyone with an interest in the outdoors.

This handbook provides practical information on the prevention and treatment of medical problems in extreme environments. An essential reference book for expeditions and travellers to remote areas, it offers guidance on maintaining the physical and psychological health of team members under the stresses and challenges of an expedition.

UITSLUITEND GESCHIKT VOOR IBOOKS Dit boeiende en alomvattende handboek is een onmisbare hulp om te kunnen overleven in de wildernis en in elk klimaat, op land of op zee, voor kampeerders, trekkers en zeilers en verder voor iedereen die zich bezighoudt met outdooractiviteiten.

When you need fast medical advice in the great outdoors, Field Guide to Wilderness Medicine is the only place to turn. This quick-access guide is compact enough to fit in a backpack, yet detailed enough to include the definitions, clinical presentation, and treatment of the emergencies you're likely to encounter in the wilderness.

This straightforward guide presents essential information for managing common illnesses, injuries, and medical emergencies in the wilderness.

Survival Medicine First-Aid Kit: What Do You Need In Your Outdoor Kit And How To Use It
Survival Medicine: Essentials You Need In Your Hiking First-Aid Kit And Guide To Treat Yourself Outdoors If you want to increase your chances of survival in a wilderness or during outdoor activities, it is essential to arrange a first-aid kit. This kit should have all essential tools and medications for your assistance. In various particular situations, you will need hospital, technology and pharmaceuticals. In various cases, you will need first aid skills to save someone's life. It will be good to carry a first-aid kit with you to treat yourself outdoors. This book is designed for your assistance to share first aid tips and tricks. You can get the advantage of first aid treatments, CPR, treatment of hypothermia, sunstroke, wounds and poisoning. This book can be a good choice for you to improve your health. This book has lots of important details and information for you. This book offers: Things Required in Hiking First-aid Kit Tips to Cure Physical Problems First Aid Treatment for Poisoning and Wounds Cardiopulmonary Resuscitation (CPR) Tips to Cure Sunstroke, Hypothermia and Various Others Download this book and get the advantage of tips and tricks given in this book. These tricks will be really helpful for everyone. Download your E book "Survival Medicine First-Aid Kit: What Do You Need In Your Outdoor Kit And How To Use It" by scrolling up and clicking "Buy Now with 1-Click" button!

Survival Medicine & First Aid: Medical Handbook For Tough Survival Situations Among other problems that can make it difficult for back country travelers or other survivors to come back safety are medical related problems. These can come as a result of extreme climates, evasion, ground combat, illnesses, severe injuries and lots more. Most survivors have been reported having difficulty in treating injuries as well as illness due to inadequate training as well as lack of medical supplies. That is where the need for survival medicine comes in. Medical emergencies and knowledge about lifesaving steps are of great importance for those in

survival environment like wilderness and others. All members of a survivor team must be well trained about first aid in wilderness. They must know more about the first aid basics and basic medical supplies required in survival environment. These are what this eBook "Survival Medicine & First Aid: Medical Handbook For Tough Survival Situations" is made to offer all those preparing to embark on journey into survival environments like wilderness and others. Things You Must Know About Emergency Medicine The truth is that emergency medicine involves lots of things all survivors need to know. You must have to learn more about some possible medical situations in the wilderness and how to handle the issues. The situations like water and food contamination, dehydration, poison, severe bleeding, heatstroke, splinter, hypothermia, burns are to be explained vividly in outdoor medicine class. Facts about survival equipments in wilderness, outdoors Apart from the medical first aid, there is need for be equipped with necessary personal protection equipments. You can increase your chance of survival even in the face of several medical situations in wilderness with your personal protection equipment like survival hacks. Most natural remedy for medical situations in wilderness require heating and other important survival hacks, survival medicine guide. You must have bug out bag that will contain your first aid kits, personal protection equipments, several hacks as well as other medical emergency tools. The hacks can save your life when the situation seems hopeless while in the survival environment.

An authoritative guide to the full range of medical and emergency situations that occur in non-traditional settings. All chapters are thoroughly up to date, including new information on travel medicine, medications, immunizations, and field treatment of common conditions. Step-by-step explanations from wilderness medicine experts cover the clinical presentation and treatment of a full range of wilderness emergencies and show you how to improvise with available materials. Comprehensive coverage includes dive medicine and water-related emergencies, mountain medicine and wilderness survival, global humanitarian relief and disaster medicine, high-altitude medicine, pain management, and much more. Line drawings and color plates help you quickly and accurately identify skin manifestations, plants, poisonous mushrooms, snakes, insects, and more. Useful appendices address everything from environment-specific situations to lists of essential supplies, medicines, and many additional topics of care. -- Publisher
Medicine for the Outdoors The Essential Guide to First Aid and Medical Emergencies Elsevier Health Sciences

The Book That Makes Dying by Heart Attack Seem Downright Boring Simply by living a normal life, you have an excellent chance of becoming yet another statistic on the list of leading causes of death. But Buck Tilton prefers to ponder the alternatives. In *How to Die in the Outdoors*, he presents 150 more interesting and unique ways to perish, from snake bite, elephant foot, rhino horn, and more! With witty prose, Tilton describes not only the details of how you can die—some intriguingly gory, yet all based on facts—but also ways to avoid death should a life-threatening situation arise before you're ready to leave this world for whatever afterlife there may be.

During the twentieth century, medicine has been radically transformed and powerfully transformative. In 1900, western medicine was important to philanthropy and public health, but it was marginal to the state, the industrial economy and the welfare of most individuals. It is now central to these aspects of life. Our prospects seem increasingly dependent on the progress of bio-medical sciences and genetic technologies which promise to reshape future generations. The editors of *Medicine in the Twentieth Century* have commissioned over forty authoritative essays, written by historical specialists but intended for general audiences. Some concentrate on the political economy of medicine and health as it changed from period to period and varied between countries, others focus on understandings of the body, and a third set of essays explores transformations in some of the theatres of medicine and the changing experiences of different categories of practitioners and patients.

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Now in its 7th edition, Auerbach's Wilderness Medicine continues to help you quickly and decisively manage medical emergencies encountered in any wilderness or other austere setting! World-renowned authority Dr. Paul Auerbach and 2 new associate editors have assembled a team of experts to offer proven, practical, visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce. Now in an exciting 2-volume set that includes convenient online access, this indispensable resource equips physicians, nurses, advanced practice providers, first responders, and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses - no matter where they happen! Brand-new 2-volume format ensures all content is available in print and online to provide you easy access. Face any medical challenge in the wilderness with expert guidance from hundreds of outstanding world experts edited by Dr. Auerbach and 2 new associate editors, Drs. Tracy Cushing and N. Stuart Harris. New and expanded chapters with hundreds of new photos and illustrative drawings help increase your visual understanding of the material. Acquire the knowledge and skills you need with revised chapters providing expanded discussions of high-altitude medicine, improvisation, technical rescue, telemedicine, ultrasound, and wilderness medicine education. Ten new chapters cover Acute High-Altitude Medicine and Pathophysiology; High Altitude and Pre-Existing Medical Conditions; Cycles, Snowmobiles, and other Wilderness Conveyances; Medical Wilderness Adventure Races (MedWAR); Canyoneering and Canyon Medicine; Evidence-Based Wilderness Medicine; National Park Service Medicine; Genomics and Personalized Wilderness Medicine; Forestry; and Earth Sciences. 30+ Expert Consult online videos cover survival tips, procedural demonstrations, and detailed explanations of diseases and incidents. Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, videos, and references from the book on a variety of devices.

A medical reference for people travelling in wilderness and risky outdoor environments offers information on procedures and techniques to handle a variety of outdoor medical emergencies. When a doctor is far away, even first aid may not be enough. With this book you'll learn to recognize, treat, and prevent the most common major and minor wilderness emergencies. Since 1986, Medicine for the Outdoors has been hailed as the definitive take-along manual on the subject. Packed with step-by-step instructions and how-to explanations, this updated edition tells you the best way to respond to just about any medical problem. Logically organized, simple-to-understand enhanced illustrations and an increased focus on new topics mean this medical reference book may literally save your life. Whether you're venturing into mountains, deserts, forests, or out to sea, it belongs in your pack! Examine the most diverse and comprehensive coverage of medical conditions related to the outdoors. Be guided through logical and complete explanations of every topic. Enhance your understanding with descriptive material including numerous drawings and instructions. Research recommendations for injury and illness prevention. Locate answers quickly with a helpful comprehensive index. Clearly visualize how to perform specific treatments, such as the use of a SAM® splint, with an increased number of helpful illustrations. Stay abreast of the latest in emergency medicine care, including new antibiotics, medicines, products to control bleeding, and today's most common infectious disease threats. Enhance your understanding of Lyme disease; water disinfection; emerging diseases (including West Nile Virus); and how to seek safety and act during natural disasters. Take advantage of Dr. Auerbach's expert guidance with revised recommendations on high-altitude problems, drowning, airways management, toxic plants, and snake bites. Access new appendices covering AIDS/HIV transmission, expanded treatment instructions, global conflict guidelines (including terrorism), and canine medicine. Consult this title on your favorite e-reader.

Now in its 7th edition, Auerbach's Wilderness Medicine continues to help you quickly and

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decisively manage medical emergencies encountered in any wilderness or other austere setting! World-renowned authority Dr. Paul Auerbach and 2 new associate editors have assembled a team of experts to offer proven, practical, visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce. This indispensable resource equips physicians, nurses, advanced practice providers, first responders, and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses – no matter where they happen! Face any medical challenge in the wilderness with expert guidance from hundreds of outstanding world experts edited by Dr. Auerbach and 2 new associate editors, Drs. Tracy Cushing and N. Stuart Harris. New and expanded chapters with hundreds of new photos and illustrative drawings help increase your visual understanding of the material. Acquire the knowledge and skills you need with revised chapters providing expanded discussions of high-altitude medicine, improvisation, technical rescue, telemedicine, ultrasound, and wilderness medicine education. Ten new chapters cover Acute High-Altitude Medicine and Pathophysiology; High Altitude and Pre-Existing Medical Conditions; Cycles, Snowmobiles, and other Wilderness Conveyances; Medical Wilderness Adventure Races (MedWAR); Canyoneering and Canyon Medicine; Evidence-Based Wilderness Medicine; National Park Service Medicine; Genomics and Personalized Wilderness Medicine; Forestry; and Earth Sciences.

Op zesendertigjarige leeftijd wordt de briljante en ambitieuze neurochirurg Paul Kalanithi gediagnosticeerd met stadium IV longkanker. Van de ene op de andere dag verandert hij van een arts die levens redt in een patiënt die moet vechten voor zijn eigen leven. De laatste 22 maanden van zijn leven besluit hij zijn grote ambitie waar te maken: een meesterlijk boek schrijven over zijn bijzondere levensloop. Wat maakt het leven nog de moeite waard als je de dood in de ogen kijkt? Wat doe je als al je dromen over een toekomst plaats moeten maken voor een miserabel noodlot? Wat betekent het om een kind te krijgen en nieuw leven op aarde te zetten terwijl je eigen leven langzaam wegebt? Paul Kalanithi stierf in maart 2015, terwijl hij de laatste hand legde aan zijn memoires. Zijn wijze observaties en rijke inzichten in het leven zijn hartverscheurend. Als adem vervliegt is een onvergetelijk boek over een naderend einde en de relatie tussen arts en patiënt van een begenadigd schrijver, die helaas beide rollen moest vervullen.

Joris moet op een ochtend in zijn eentje op zijn grootmoeder passen, maar die is intens gemeen. Hij bedenkt een plan: hij gaat een toverdrankje voor haar maken. Maar dan gebeuren de vreemdste dingen. Joris en de geheimzinnige toverdrank is een fantastisch kinderboek van de wereldberoemde bestsellerauteur Roald Dahl. Met prachtige tekeningen van bekroond illustrator Quentin Blake. Dit e-book kun je op je smartphone, tablet én op je e-reader lezen. Dit e-book is geschikt voor zowel iOS- als Android-besturingssystemen. Joris woont op een boerderij, ver van alles af. Op een zaterdagochtend moet hij in zijn eentje op zijn grootmoeder passen, maar Joris haat zijn grootmoe, dat akelige, hekserige ouwe wijf. Hij bedenkt een plan: hij gaat een toverdrankje voor haar maken. Er gaat van alles in: kanariezangzaad, varkenstabletten, motorolie en nog veel meer. Grootmoe drinkt het drankje en ze groeit en groeit. Ze gaat door het plafond en zelfs door het dak heen! Wanneer Joris en zijn vader besluiten nog meer toverdrankjes te gaan maken, gebeuren de vreemdste dingen. 'Roald Dahl is de beste kinderboekenschrijver ter wereld.' – VPRO-gids

Collects fifty outdoor family adventures that include hiking, camping, biking, swimming, snowboarding, and mountaineering.

A guide to emergency medical and first aid treatment for the outdoors. Includes treatment for both major and minor problems as well as disorders related to specific environments.

Florence Williams gaat in dit boek op zoek naar de functie van borsten in biologisch, seksueel, cultureel en sociologisch opzicht - en hun specifieke

eigenschappen. Ze verdiept zich in vragen als `Is borstvoeding wel zo gezond? en `Waarom komt borstkanker steeds vaker voor? en komt tot de angstwekkende conclusie dat de conditie van ons borstweefsel de staat weerspiegelt waarin onze samenleving verkeert.

Sex in the Outdoors says it all! If you enjoy - or strive to have the opportunity to enjoy - sex in the vast outdoors, then you've laid hands on the ultimate resource. Benefits include: increased self-esteem; increased awareness of bears and other critters; increased fitness of necessary body parts; increased awareness of possible partners; increased interest in getting it; increased chance of getting it; increased chance of getting away with it. Whether you want it, someone you know wants it, or you have a sex-starved niece or nephew who needs it - Buck Tilton's Sex in the Outdoors promises to deliver the intimate yet practical information all sex-crazed outdoor folks need to know, whether they know they need to know or not.

Provides medical information useful in a wilderness setting.

Wilderness and Rescue Medicine covers the requisite topics from altitude illness to SCUBA and snakebites to frostbite, but the text's most important features are the general principles that tie the content together. The text highlights the skills and insight needed to think critically and exercise reasonable judgment at any level of medical training. Now in its sixth edition, Wilderness and Rescue Medicine reflects the collaborative wisdom of hundreds of instructors, rescue personnel, and medical practitioners combine with the latest updates in field medicine. The content will be usefull to all medical personnel, but is aimed at the Wilderness First Responder and the Wilderness Emergency Medical Technician.

Wim Hof vertelt op aangrijpende en gepassioneerde wijze in zijn nieuwe boek 'De Wim Hof Methode' dat een ijsbad niet alleen goed is voor body en mind, maar óók voor de spirit. In het nieuwe allesomvattende boek 'De Wim Hof Methode' vertelt Wim Hof in eigen woorden zijn verhaal. Hij schrijft dat een ijsbad goed is voor mind en body, maar óók voor de spirit. Wim Hof is bekend geworden met baden of douchen met ijskoud water. Wim Hof, ook wel The Ice Man genoemd, vertelt in 'De Wim Hof Methode' op aangrijpende en gepassioneerde wijze hoe hij deze methode heeft ontwikkeld en over de verbluffende resultaten uit wetenschappelijk onderzoek naar zijn methode. In 'De Wim Hof Methode' leer je hoe je kou, ademhaling en mindset kunt benutten om leiding te nemen over je geest en stofwisseling. Maar de methode van Wim gaat verder dan verbeterde gezondheid of prestaties – het is ook een spiritueel pad om je te verbinden met je innerlijke kracht.

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